



INTERVAL THROWING PROGRAM

**All throws shall be four seam fastballs.
Under no circumstances should breaking balls be attempted during
rehabilitation until clearance has been given to throw off the mound.**

Warm Up

Prior to throwing: Warm-up for 5-10 minutes (jog).

Stretch per instructions.

Rest 5 minutes between sets when throwing.

Week	Phase	Days	Feet	Throws	Intensity	Exercises
	1	S M T W T F S		X 25	%	S M T W T F S
	2	S M T W T F S		X 25	%	S M T W T F S
	3	S M T W T F S		X 25	%	S M T W T F S
	4	S M T W T F S		X 25	%	S M T W T F S
	5	S M T W T F S		X 25	%	S M T W T F S
	6	S M T W T F S		X 25	%	S M T W T F S
	7	S M T W T F S		X 25	%	S M T W T F S
	8	S M T W T F S		X 25	%	S M T W T F S

ICE for 15 minutes following throwing program

Other instructions:

Return to Pitching Mound and Interval Mound Program

Progression between phases is dependent on problem or surgery

Non-surgical problem - progress through stages perhaps in 4 weeks

Minor surgery progress - through stages perhaps in 4-6 weeks

Major surgery / reconstruction - progress through phases over 2-3 months