

Return to Play: Interval Throwing Program

This program should be performed every other day, unless otherwise specified by your doctor or physical therapist.

Phase I – Flat Ground

45-Foot Stage:

Step 1

1. Warm-up throwing
2. 45' throws (25x)
3. Rest (5-10 minutes)
4. Warm-up throwing
5. 45' throws (25x)

Step 2

1. Warm-up throwing
2. 45' throws (25x)
3. Rest 10 minutes
4. Warm-up throwing
5. 45' throws (25x)
6. Rest 10 minutes
7. Warm-up throwing
8. 45' throws (25x)

60-Foot Stage:

Step 3

1. Warm-up throwing
2. 60' throws (25x)
3. Rest (5-10 minutes)
4. Warm-up throwing
5. 60' throws (25x)

Step 4

1. Warm-up throwing
2. 60' throws (25x)
3. Rest 10 minutes
4. Warm-up throwing
5. 60' throws (25x)
6. Rest 10 minutes
7. Warm-up throwing
8. 60' throws (25x)

90-Foot Stage:

Step 5

1. Warm-up throwing
2. 90' throws (25x)
3. Rest (5-10 minutes)
4. Warm-up throwing
5. 90' throws (25x)

Step 6

1. Warm-up throwing
2. 90' throws (25x)
3. Rest 10 minutes
4. Warm-up throwing
5. 90' throws (25x)
6. Rest 10 minutes
7. Warm-up throwing
8. 90' throws (25x)

120-Foot Stage:

Step 7

1. Warm-up throwing
2. 120' throws (25x)
3. Rest (5-10 minutes)
4. Warm-up throwing
5. 120' throws (25x)

Step 8

1. Warm-up throwing
2. 120' throws (25x)
3. Rest 10 minutes
4. Warm-up throwing
5. 120' throws (25x)
6. Rest 10 minutes
7. Warm-up throwing
8. 120' throws (25x)

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Return to Play: Interval Throwing Program

Use interval throwing program up to 120' phase as warm-up for all steps in this phase.
All throwing off the mound should be done in the presence of your pitching coach to stress/assure proper throwing mechanics.

Phase II – Starting off the Mound

Stage 1: Fastball ONLY:

- **Step 1:** 15 throws at 50% effort
- **Step 2:** 30 throws at 50% effort
- **Step 3:** 45 throws at 50% effort
- **Step 4:** 60 throws at 50% effort
- **Step 5:** 30 throws at 75% effort
- **Step 6:** 30 throws at 75% effort, 45 throws at 50% effort
- **Step 7:** 45 throws at 75% effort, 15 throws at 50% effort
- **Step 8:** 60 throws at 75% effort

Stage 2: Fastball ONLY:

- **Step 9:** 45 throws at 75% effort, 15 throws in batting practice
- **Step 10:** 45 throws at 50% effort, 30 throws in batting practice
- **Step 11:** 45 throws at 50% effort, 45 throws in batting practice

Stage 3: Introducing Breaking Ball

- **Step 12:** 30 throws (fastball) at 75% effort, 15 throws (breaking ball) at 50% effort, 45-60 throws in batting practice (FASTBALLS ONLY)
- **Step 13:** 30 throws (fastball) at 75% effort, 30 throws (breaking ball) at 75% effort, 30 throws in batting practice (FASTBALLS ONLY)
- **Step 14:** 30 throws at 75% effort, 60-90 throws in batting practice (25% BREAKING BALLS)
- **Step 15:** Simulated game: Progressing by 15 throws per workout

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