

Interval-Throwing Program

Throwing off the Mound

After completion of the Interval Throwing Program (ITP) and the athlete can throw 180° 50 times without pain the athlete will be ready for throwing off the mound or to return to their respective position. At this point, full strength and confidence should be restored in the athlete's arm. Just as the advancement to this point has been gradual and progressive, the return to unrestricted throwing must follow the same principles. A pitcher should first throw only fastballs at 50%, progressing to 75% and then to 100%. At this time, the athlete may start more stressful pitches. The position player should simulate a game situation, again progressing at 50%, 75% and 100%. Once again, if the athlete has increased symptoms, the throwing program should be backed off and re-advanced as tolerated under direction of the rehab team.

(use interval throwing to 120° phase as warm-up)

*All throwing off of the mound should be done with the pitching coach or therapist present to assure proper mechanics

Stage One- Fastball Only

Step 1:

- Interval throwing
- 15 throws off mound 50%

Step 2:

- Interval throwing
- 30 throws off mound 50%

Step 3:

- Interval throwing
- 45 throws off mound 50%

Step 4:

- Interval throwing
- 60 throws off mound 50%

Step 5:

- Interval throwing
- 30 throws off mound 50%

Step 6:

- 30 throws off mound 75%
- 45 throws off mound 50%

Step 7:

- 45 throws off mound 75%
- 15 throws off mound 50%

Step 8:

- 60 throws off mound 75%

Stage Two: Fastballs Only

Step 9:

- 45 throws off mound 75%
- 15 throws in batting practice

Step 10:

- 45 throws off mound 75%
- 30 throws in batting practice

Step 11:

- 45 throws off mound 75%
- 45 throws in batting practice

Stage Three

Step 12:

- 30 throws off mound 75% warm-up
- 15 throws off mound 50% breaking balls
- 45-60 throws in batting practice (fastball only)

Step 13:

- 30 throws off mound 75% warm-up
- 30 breaking balls 75%
- 30 throws in batting practice

Step 14:

- 30 throws off mound 75%
- 60-90 throws in batting practice, 25% breaking balls

Step 15:

- Simulated game-progressing by 15 throws per workout

