HaysMed

Interval Baseball Throwing Program

Phase 1 – Distance / Endurance

General Principles:

This program is designed to help athletes re-introduce throwing to their rehab program. The program is designed to develop those specific qualities in the throwing motion. All throwing should be performed in the presence of a coach or qualified person to stress proper mechanics. This program should also be used in conjunction with the Throwing Athlete Exercise Program.

The athlete should ice the affected extremity for 20 minutes following all throwing activity. The athlete should only progress to the next Step of each Phase if he / she was able to complete the current Step without pain or difficulty. Under the direction of the therapist or Athletic Trainer, the athlete may progress through the Steps and Phases as tolerated. Emphasis should be placed on developing and maintaining proper throwing mechanics without developing symptoms.

45 FT. PHASE

Step 1: Warm Up Throwing
25 throws at 45'
Rest 15 minutes
Warm Up Throwing
25 throws at 45'

Step 2: Warm Up Throwing
25 throws at 45'
Rest 10 minutes
Warm Up Throwing
25 throws at 45'
Rest 10 minutes
Warm Up Throwing
25 throws at 45'

60 FT. PHASE

Step 3: Warm Up Throwing
25 throws at 60'
Rest 15 minutes
Warm Up Throwing
25 throws at 60'

Step 4: Warm Up Throwing
25 throws at 60'
Rest 10 minutes
Warm Up Throwing
25 throws at 60'
Rest 10 minutes
Warm Up Throwing
25 throws at 60'

90 FT. PHASE

Step 5: Warm Up Throwing
25 throws at 90'
Rest 15 minutes
Warm Up Throwing
25 throws at 90'

Step 6: Warm Up Throwing
25 throws at 90'
Rest 10 minutes
Warm Up Throwing
25 throws at 90'
Rest 10 minutes
Warm Up Throwing
25 throws at 90'

120 FT. PHASE

Step 7: Warm Up Throwing
25 throws at 120'
Rest 15 minutes
Warm Up Throwing
25 throws at 120'

Step 8: Warm Up Throwing
25 throws at 120'
Rest 10 minutes
Warm Up Throwing
25 throws at 120'
Rest 10 minutes
Warm Up Throwing
25 throws at 120'

150 FT. PHASE

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Step 9: Warm Up Throwing
25 throws at 150'
Rest 15 minutes
Warm Up Throwing
25 throws at 150'

Step 10: Warm Up Throwing
25 throws at 150'
Rest 10 minutes
Warm Up Throwing
25 throws at 150'
Rest 10 minutes
Warm Up Throwing
25 throws at 150'

180 FT. PHASE

Step 11: Warm Up Throwing
25 throws at 180'
Rest 15 minutes
Warm Up Throwing
25 throws at 180'

Step 12: Warm Up Throwing
25 throws at 180'
Rest 10 minutes
Warm Up Throwing
25 throws at 180'
Rest 10 minutes
Warm Up Throwing
25 throws at 180'

Step 13: Warm Up Throwing
25 throws at 180'
Rest 10 minutes
Warm Up Throwing
25 throws at 180'
Rest 10 minutes
Warm Up Throwing
25 throws at 180'

Reference:
Wilk, K. E. & Arrigo, C. A. Interval sport program for the shoulder. In Andrews, J. R., Wilk, K. E. (eds): The Athlete's Shoulder. New York, NY, Churchill Livingstone, 1994.

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