HaysMed

Interval Softball Throwing Program

Phase 2 – Pitching

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.

PHASE I: (Fastball Only)

Step 1: 15 throws at 50%

Step 2: 30 throws at 50%

Step 3: 45 throws at 50%

Step 4: 60 throws at 50%

Step 5: 30 throws at 75%

Step 6: 30 throws at 75%
45 throws at 50%

Step 7: 45 throws at 75%
15 throws at 50%

Step 8: 60 throws at 75%

PHASE II: (Fastball Only)

Step 9: 45 throws at 75%
15 throws batting practice

Step 10: 45 throws at 75%
30 throws batting practice

Step 11: 45 throws at 75%
45 throws batting practice

PHASE III: (All Pitches)

Step 12: 30 fastballs at 100%
15 breaking balls
45 throws in batting practice

Step 13: 30 fastballs at 100%
30 breaking balls
30 throws in batting practice

Step 14: 30 fastballs at 100%
60–90 throws batting practice

Step 15: Simulated Game
18-20 pitches per inning
Rest between innings
Mixed fastball/breaking balls
Goal is 5-7 innings

Reference:

Axe, MJ, Windely TC, Snyder-Mackler L. Data-Based Interval Throwing Program for Collegiate Softball Players. Journal of Athletic Training. 2002; 37(2): 194-203.

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