



The purpose of the interval throwing program (ITP) is to progressively load the tissues of the throwing arm and build strength to safely and effectively return to baseball. Prior to beginning the ITP, you must receive clearance from your physician. Baseline requirements also include pain free range of motion, appropriate elbow and shoulder strength, and endurance of the affected site, as well as the entire body. It is highly recommended that graded progression plyometrics are performed prior to starting this program.

What to Expect

During the recovery process, you may experience soreness or a dull, diffuse aching sensation in the muscles or tendon. If you experience sharp pain, stop all throwing activity until the pain ceases and see your healthcare provider. Do not throw through pain (know the difference between pain and soreness). Contact your sports medicine provider if your pain or discomfort lasts longer than a few days.

As you build distance and intensity, you should think about your entire body working harder and consider the job of your throwing arm to keep up with your body. Toward the end of the mound work, you should think about your arm working to finish the throw.

We recommend undergoing a Throwing Prep Screen prior to starting to throw to ensure that proper range of motion and strength measures have been achieved. Additionally, a Throwing Assessment is recommended once you are throwing a distance of 120 ft or started on the mound progression. This will allow you to start to work on mechanics and ensure that you are throwing properly during the remainder of the ITP. After completing the ITP, you will need to continue to build strength and throwing capacity with your coaches as you progress to in-game competition.

Schedule Throwing
Prep:



Schedule Throwing
Assessment:



Recommendations throughout the program:

- Prior to throwing, it is recommended that you complete a full body dynamic warm-up, including arm specific exercises.
- Do not throw maximum effort. The purpose of this program is to build volume so you can throw with 100% effort towards the end of the mound progression. Similar to playing catch, throw to get the ball to the prescribed distance on a line that is comfortable to you.
- Use momentum (crow-hop or shuffle) when progressing to greater distances.
- Throws are prescribed as distance x # throws (i.e. 30 ft x 15 throws).
- 15 seconds between throws is recommended in order to reduce fatigue. Use a timer and keep yourself accountable.
- Extra rest days can be taken but do not jump ahead without consulting your sports medicine team.
- Use a radar gun or Pulse sensor when possible to objectively track workload.
- Fastballs are prescribed for the first three mound days; you can start to throw other pitch types after that. In that first session, replace 5 fastballs with the pitch of your choice. With each subsequent mound session you can replace an additional 5 fastballs with other pitch types.



Day1	Day2	Day3	Day4	Day5	Day6	Day7
30 ft x 5 45 ft x 20 60 ft x 15	REST	30 ft x 5 45 ft x 20 60 ft x 20	REST	30 ft x 5 45 ft x 20 60 ft x 20 75 ft x 5	REST	REST
Day8	Day9	Day10	Day11	Day12	Day13	Day14
45 ft x 15 60 ft x 25 75 ft x 10 90 ft x 5	REST	45 ft x 10 60 ft x 25 75 ft x 15 90 ft x 10	REST	45 ft x 10 60 ft x 20 75 ft x 20 90 ft x 15	REST	REST
Day15	Day16	Day17	Day18	Day19	Day20	Day21
45 ft x 10 60 ft x 15 75 ft x 20 90 ft x 15 105 ft x 5	45 ft x 5 60 ft x 20	45 ft x 10 60 ft x 10 75 ft x 20 90 ft x 20 105 ft x 10	REST	45 ft x 10 60 ft x 10 75 ft x 15 90 ft x 25 105 ft x 15	REST	REST
Day22	Day23	Day24	Day25	Day26	Day27	Day28
45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 25 105 ft x 20 120 ft x 5	45 ft x 5 60 ft x 15 75 ft x 10	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 20 105 ft x 25 120 ft x 10	REST	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 15 105 ft x 25 120 ft x 15	45 ft x 5 60 ft x 15 75 ft x 10	REST
Day29	Day30	Day31	Day32	Day33	Day34	Day35
45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10 105 ft x 20 120 ft x 20	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 20	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10 105 ft x 20 120 ft x 25	REST	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10 105 ft x 15 120 ft x 15 Mound – Fastballs 10	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10	REST
Day36	Day37	Day38	Day39	Day40	Day41	Day42
45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10 105 ft x 10 120 ft x 15 Mound – Fastballs 15	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 20	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10 105 ft x 20 120 ft x 25	REST	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10 105 ft x 10 120 ft x 15 Mound – Fastballs 20	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10	REST
Day43	Day44	Day45	Day46	Day47	Day48	Day49
45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 10 120 ft x 10 Mound – 25 pitches	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10 105 ft x 20 120 ft x 20	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 10 105 ft x 10 120 ft x 15	REST	45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 Mound – 30 pitches	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 15	REST
Day50	Day51	Day52	Day53	Day54	Day55	Day56
45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 10 120 ft x 10 Mound – 35 Pitches	45 ft x 5 60 ft x 5 75 ft x 10 90 ft x 15 105 ft x 15 120 ft x 20	45 ft x 5 60 ft x 5 75 ft x 10 90 ft x 10 105 ft x 10 120 ft x 10	REST	45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 15 Mound – 40 Pitches	45 ft x 5 60 ft x 10 75 ft x 10 90 ft x 15	REST