



1830 Franklin Street, Suite 450  
Denver, Colorado 80218

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## Interval Throwing Program – Outfielders Benjamin W. Sears

- The interval throwing program is designed to provide an outline for post-surgical and non-operative patients. Post-surgically, it is necessary to strictly adhere to each step of this program based upon the surgical intervention. Non-operatively, the athlete may progress at an accelerated rate deemed appropriate by the treating physician, athletic trainer, and physical therapist. This program should be modified to meet the needs of the individual athlete.
- The throwing program is to be preceded by 10 minutes of stationary biking or jogging followed by a thorough stretching of the upper and lower extremity.
- The athlete must complete three throwing sessions without pain prior to advancing to the next level.
- The throwing program should be performed when the athlete is “fresh”. Strength and conditioning exercises should be performed after the throwing program.
- This program is designed to be done three days per week with one day rest between throwing sessions.
- Begin each level with 3 X 15 throws; progress to 3 X 25 throws as strength and endurance improves. Advance to the next level following successful completion of 3 X 25 throws at a given level.

### Long Toss

#### **Level One:** 30-45 feet (3 sessions)

5 minute of warm-up throwing  
3 sets of 15 throws progressing to 3 X 25 throws  
3-5 minute rest interval between sets

#### **Level Two:** 60 feet (3 sessions)

5 minute of warm-up throwing  
3 sets of 15 throws progressing to 3 X 25 throws  
3-5 minute rest interval between sets

#### **Level Three:** 75-90 feet (3 sessions)

5 minute of warm-up throwing  
3 sets of 15 throws progressing to 3 X 25 throws  
3-5 minute rest interval between sets

#### **Level Four:** 100-110 feet (3 sessions)

5 minute of warm-up throwing  
3 sets of 15 throws progressing to 3 X 25 throws  
3-5 minute rest interval between sets

#### **Level Five:** 120 feet (3 sessions)

5 minute of warm-up throwing  
3 sets of 15 throws progressing to 3 X 25 throws  
3-5 minute rest interval between sets

**Level Six:** Long toss of 150-180 feet (6-9 sessions)  
5 minute of warm-up throwing  
3 sets of 15 throws progressing to 3 X 25 throws from 90 to 180 ft.

### **Positional Work**

3 to 6 sessions  
10 minutes of long toss 200 ft. (~50 throws)  
10-15 throws to cut-off man ~200 to 300 ft.

### **Return to Sport**

Clearance for return to play based on:

- 1.) Negative clinical exam
- 2.) >90% strength test
- 3.) Successful completion of the ITP