

Goals: Continue to increase strength, power and endurance of upper extremity musculature. Gradual return to sport activities

Initiate Interval Throwing Program when strength and range of motion have normalized.

Treatment: _____ **times per week** **Duration:** _____ **weeks**
**Please send progress notes.

Physician's Signature: _____ **Date:**

Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon

INTERVAL THROWING PROGRAM PHASE 1

** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

** Each Stage should be one week. If pain occurs during any stage, back up to previous stage.

Phase I: Long Toss program

45-ft. Stage

- a. Warm-up throwing
- b. 45 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 45 ft. (25 throws)

60-ft. Stage

- a. Warm-up throwing
- b. 60 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 60 ft. (25 throws)

90-ft. Stage:

- a. Warm-up throwing
- b. 90 Ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 90 ft. (25 throws)

120-ft. Stage:

- a. Warm-up throwing
- b. 120 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 120 ft. (25 throws)

150-ft. Stage:

- a. Warm-up throwing
- b. 150 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 150 ft. (25 throws)

180-ft. Stage:

- a. Warm-up throwing
- b. 180 ft. (25 throws)

- c. Rest 15 min.
- d. Warm-up throwing
- e. 180 ft. (25 throws)

Then begin throwing from mound or to respective position.

INTERVAL THROWING PROGRAM PHASE 2

** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

Phase II: Starting Off the Mound

Stage I: Fastball Only

- Step 1: a. Interval throwing
 b. 15 throws from mound 50%
- Step 2: a. Interval throwing
 b. 30 throws from mound 50%
- Step 3: a. Interval throwing
 b. 45 throws from mound 50%

Stage II: Fastball Only

- Step 4: a. Interval throwing
 b. 60 throws from mound 50%
- Step 5: a. Interval throwing
 b. 30 throws from mound 75%
- Step 6: a. 30 throws from mound 75%
 b. 45 throws from mound 50%

Stage III: Fastball Only

- Step 7: a. 45 throws from mound 75%
 b. 15 throws from mound 50%
- Step 8: a. 60 throws from mound 75%

Stage IV: Fastball Only

- Step 9: a. 45 throws from mound 75%
 b. 15 throws in batting practice
- Step 10: a. 45 throws from mound 75%
 b. 30 throws in batting practice
- Step 11: a. 45 throws from mound 75 %
 b. 45 throws in batting practice

Stage V:

- Step 12: a. 30 throws from mound 75% warm-up
 b. 15 throws from mound 50% breaking balls
 c. 45-60 throws in batting practice throws from mound 50% (fastball)

only)

- Step 13: a. 30 throws from mound 75%
b. 30 breaking balls 75%
c. 30 throws in batting practice
- Step 14: a. 30 throws from mound 75%
b. 60-90 throws in batting practice 25% breaking balls
- Step 15: Simulated game progressing by 15 throws per work-out.
Use interval throwing to 120-ft. phase as warm-up. All
throwing from the mound should be done in the presence
of the pitching coach to stress proper throwing mechanics.
A speed gun should be used to aid in effort control.

PAGE

Elbow UCL PAGE 2

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NAME OF PATIENT: _____

MRN: _____

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