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NAME OF PATIENT: _____

MRN: _____

Kristofer J. Jones, M.D.

Sports Medicine, Shoulder Surgery and Cartilage Restoration
UCLA Department of Orthopaedic Surgery
David Geffen School of Medicine at UCLA
10833 Le Conte Avenue, 76-143 CHS
Los Angeles, CA 90095-6902
Phone: (310) 825-6095
Fax: (310) 825-1311
CA License: A126262

INTERVAL THROWING PROGRAM

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

Each stage should be one week. If the 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 minutes
 - d. Warm – up throwing
 - e. 45 ft. (25 throws)

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

- 90 ft. Stage
- a. Warm – up throwing
 - b. 90 ft. (25 throws)
 - c. Rest 15 minutes
 - d. Warm – up throwing
 - e. 90 ft. (25 throws)

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

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

- 180 ft. Stage
- a. Warm – up throwing
 - b. 180 ft. (25 throws)
 - c. Rest 15 minutes
 - d. Warm – up throwing
 - e. 180 ft. (25 throws)

Then begin throwing from mound or to respective position – See Phase II.

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PHASE II : THROWING OFF THE MOUND

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

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 from mound 50%
- 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 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%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 stage as warm-up)

All throwing off the mound should be done in the presence of your pitching coach to stress proper throwing mechanics.
(Use speed gun to aid in effort control)