

# Interval Throwing Program for Rehabilitation (Pitcher)

## Guidelines:

1. This program serves as a general template for the return to throwing process and may need to be modified as needed to ensure a safe and effective individualized progression
2. Expected initiation following UCLR = 16-20 weeks, UCL repair = 12-20 weeks, SLAP repair = 20+ weeks
  - a. \*\* Following satisfactory criterion-based testing via *Thrower's Readiness Inventory (TRI)*<sup>TM</sup>
3. Always begin with a **structured warm up** as determined by Physical Therapist/Athletic Trainer
4. Continue all strengthening and stretching activities as prescribed
5. DO NOT THROW THROUGH PAIN – report any symptoms and monitor post-throwing soreness
6. Allow the distance to dictate the intensity – typically, the first 4-6 weeks of throwing are to ensure adequate, progressive loading to condition the affected/repared structures
  - a. Use a slight arc on all throws until later stages
7. Capture video of your throws at least once per week to review mechanics and consistency
8. Hitting and throwing should not begin at the same time – discuss with your provider

## PHASE 1: Initiation

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	20 x 30' 25 x 45'	OFF	OFF	20 x 30' 25 x 45'	OFF	OFF	OFF
Goals:	Graft/tissue adaptation; do NOT focus on performance/intensity						
2	20 x 30' 25 x 45' 5min rest then repeat	OFF	OFF	20 x 30' 25 x 45' 5min rest then repeat	OFF	OFF	OFF
Goals:	Graft/tissue adaptation; increasing volume, keep intensities low						
3	20 x 30' 25 x 45' 5min rest then repeat	OFF	20 x 30' 25 x 45' 5min rest then repeat	OFF	OFF	20 x 30' 25 x 45' 5min rest then repeat x2	OFF
Goals:	Graft/tissue adaptation; further increase in volume, keep intensities low, expect some soreness						
4	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat	OFF	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat	OFF	OFF	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat x2	OFF
Goals:	Graft/tissue adaptation; added distance, still maintain an arc on the ball, focus on keeping mechanics consistent						
5	OFF	Light toss to 60' x5min	OFF	OFF	Light toss to 60' x5min	OFF	OFF
Goals:	First de-load week; use this time to allow for your arm/body to recover and refocus on strength/conditioning parameters						
6	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat x2	OFF
Goals:	Starting to work past mound distance to build arm strength, be mindful of mechanics, don't rush throws						

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## PHASE 2: Volume and distance building

7	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat x2	OFF
Goals:	Increasing weekly volume and days/thrown, maintain stretching and mobility activities						
8	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat x2	OFF
Goals:	Further distances; now at the critical point where mechanics must be sound or compensations will occur						
9	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat x2	OFF
Goals:	Adding more weekly volume; address any issues prior to progressing to the next phase						
10	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF
Goals:	Second de-load week; allow for adequate recovery and minimize stress						
11	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat x2	OFF
Goals:	Further distance						
12	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat x2	OFF
Goals:	High volume/distance; take your time with the throws						

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13	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat x2	OFF
Goals:	Now up to max distance; long-toss past 120' will alter mechanics in a harmful manner at this time and may pose higher risks during rehabilitation						
14	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF
Goals:	Added volume at max distance						
15	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat x2	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat x2	OFF
Goals:	Further weekly volume with pull-in to 60'; can emphasize flat throws at a sub-max intensity						
16	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF
Goals:	Final de-load week prior to initiating pre-mound/performance phases, ensure adequate recovery						

## PHASE 3: Pre-mound endurance

17	3min x 60' 3min x 90' 3min x 60'	3min x 60' 3min x 90' 3min x 60'	3min x 60' 3min x 90' 3min x 60'	OFF	3min x 60' 3min x 90' 3min x 60'	3min x 60' 3min x 90' 3min x 60'	3min x 60' 3min x 90' 3min x 60'
Goals:	Focus on throwing the ball on a line at 90', work on ball location/accuracy when pulling back in to 60'						
18	4min x 60' 4min x 90' 4min x 60'	4min x 60' 4min x 90' 4min x 60'	4min x 60' 4min x 90' 4min x 60'	OFF	4min x 60' 4min x 90' 4min x 60'	4min x 60' 4min x 90' 4min x 60'	4min x 60' 4min x 90' 4min x 60'
Goals:	Focus on throwing the ball on a line at 90', work on ball location/accuracy when pulling back in to 60'						
19	5min x 60' 5min x 90' 5min x 60'	OFF	5min x 60' 5min x 90' 5min x 60'	5min x 60' 5min x 90' 5min x 60'	5min x 60' 5min x 90' 5min x 60'	OFF	5min x 60' 5min x 90' 5min x 60'
Goals:	Focus on throwing the ball on a line at 90', work on ball location/accuracy when pulling back in to 60'						
20	6min x 60' 6min x 90' 6min x 60'	OFF	6min x 60' 6min x 90' 6min x 60'	6min x 60' 6min x 90' 6min x 60'	6min x 60' 6min x 90' 6min x 60'	OFF	6min x 60' 6min x 90' 6min x 60'
Goals:	Focus on throwing the ball on a line at 90', work on ball location/accuracy when pulling back in to 60'						

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## PHASE 4: Mound-work

21	OFF	5 x 60' 5 x 75' 10 x 90' Bottom x25 FB	5min x 60' 5min x 90' 5min x 60'	OFF	5 x 60' 5 x 75' 10 x 90' Bottom x25 FB	5min x 60' 5min x 90' 5min x 60'	Light toss to 60' x5min
Goals:	Bottom of the mound; maintain FB intensity at ~75-80% with an intent on the strike zone						
22	OFF	5 x 60' 5 x 75' 10 x 90' Mid x25 FB	5min x 60' 5min x 90' 5min x 60'	OFF	5 x 60' 5 x 75' 10 x 90' Mid x25 FB	5min x 60' 5min x 90' 5min x 60'	Light toss to 60' x5min
Goals:	Middle of the mound; FB intensity at 80-85%						
23	OFF	5 x 60' 5 x 75' 10 x 90' Top x25 FB	5min x 60' 5min x 90' 5min x 60'	OFF	5 x 60' 5 x 75' 10 x 90' Top x25 FB	5min x 60' 5min x 90' 5min x 60'	Light toss to 60' x5min
Goals:	Top of the mound; FB intensity up to 90%						
24	OFF	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x10 CH	3min x 60' 3min x 90' 3min x 60'	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x10 CH	OFF	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x10 CH	3min x 60' 3min x 90' 3min x 60'
Goals:	Working up to 100% intensity from the top of the mound with FB and CH; maintain mechanics/endurance with timed sessions						
25	OFF	5 x 60' 5 x 75' 10 x 90' Top x25 FB Top x10 CH	3min x 60' 3min x 90' 3min x 60'	5 x 60' 5 x 75' 10 x 90' Top x25 FB Top x10 CH	OFF	5 x 60' 5 x 75' 10 x 90' Top x25 FB Top x10 CH	3min x 60' 3min x 90' 3min x 60'
Goals:	Increasing max intensity volume						
26	OFF	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x5 CH Top x5 CB/SL	3min x 60' 3min x 90' 3min x 60'	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x5 CH Top x5 CB/SL	OFF	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x5 CH Top x5 CB/SL	3min x 60' 3min x 90' 3min x 60'
Goals:	Working in breaking pitches; maintain focus on mechanics						
27	OFF	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x10 CH Top x10 CB/SL	3min x 60' 3min x 90' 3min x 60'	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x10 CH Top x10 CB/SL	OFF	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x10 CH Top x10 CB/SL	3min x 60' 3min x 90' 3min x 60'
Goals:	Adding volume to breaking pitches; continue accuracy work and focus on location						
28	OFF	OFF	Light toss to 60' x10min	OFF	OFF	Light toss to 60' x10min	OFF
Goals:	De-load after 3 months of high intensity throwing; regroup to focus on live batters next phase						

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## PHASE 5: Live batters

29	20 live pitches FB/CH	OFF	10 x 60' 10 x 75' 10 x 90' 10 x 105' 10 x 120'	20 live pitches FB/CH	OFF	3min x 60' 3min x 90' 3min x 60'	OFF
Goals:	Player-preferred warm-up prior to pitching; once on the mound, 100% intent and working the zone						
30	15 live pitches FB/CH 5 min rest then repeat	OFF	10 x 60' 10 x 75' 10 x 90' 10 x 105' 10 x 120'	15 live pitches FB/CH 5 min rest then repeat	OFF	3min x 60' 3min x 90' 3min x 60'	OFF
Goals:	Player-preferred warm up; now starting inning work and adrenaline control, higher volume						
31	10 live pitches (all) 5 min rest then repeat x2	OFF	10 x 60' 10 x 75' 10 x 90' 10 x 105' 10 x 120'	10 live pitches (all) 5 min rest then repeat x2	OFF	3min x 60' 3min x 90' 3min x 60'	OFF
Goals:	Player-preferred warm up; 3 innings simulated all pitches						
32	20 live pitches (all) 5 min rest then repeat	OFF	10 x 60' 10 x 75' 10 x 90' 10 x 105' 10 x 120'	20 live pitches (all) 5 min rest then repeat	OFF	3min x 60' 3min x 90' 3min x 60'	OFF
Goals:	Player-preferred warm up; 2 innings simulated high leverage						

## RETURN TO COMPETITION

- ☐ Throwing program complete
- ☐ Clearance granted from operating physician
- ☐ Clearance from physical therapist/athletic trainers
- ☐ Clearance from coaches