

Brad C. Carofino, M.D.

Shoulder Specialist

Team Physician: Norfolk Tides

Phone 757-321-3300

Athletic Trainer: Brice A. Snyder 757-679-3407



Interval Throwing Program for: Returning Un-Injured Pitchers

- This interval throwing program is geared towards a progressive return to throwing for pitchers who are healthy and coming out of the offseason. This program outlines 100 days of throwing.

Soreness Rules	
If no soreness, advance to the next throwing day.	
If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout.	
If shoulder becomes sore during the days' workout, stop and take 2 days off. Upon return to throwing, drop down one step.	
If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.	
If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down to the previous day	

DAY	NUMBER OF REPETITIONS	NUMBER OF THROWS	DISTANCE (ft')
1	2	25	60'
2	OFF		
3	2	25	60'
4	OFF		
5	2 1	25 25	60' 90'
6	OFF		
7	2 1	25 25	60' 90'
8	OFF		
9	1 2	25 25	60' 90'
10	OFF		
11	1 2	25 25	60' 90'
12	OFF		
13 Long Toss (Use crow hop 120' and beyond)	1 1 1	25 25 25	60' 90' 120'

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14	OFF		
15	1	25	60'
	1	25	90'
	1	25	120'
16	OFF		
17	1	25	60'
	1	25	90'
	1	25	120'
18	OFF		
19	1	15	60'
	1	15	90'
	1	15	120'
	1	15	150'
20	OFF		
21	1	15	60'
	1	15	90'
	1	15	120'
	1	15	150'
22	OFF		
23	1	15	60'
	1	15	90'
	1	15	120'
	1	15	150'
	1	15	90'
24	OFF		
25	1	15	60'
	1	15	90'
	1	15	120'
	1	15	150'
	1	15	90'
26	OFF		
27	1	15	60'
	1	15	90'
	1	15	120'
	1	15	150'
	1	15	90'
28	OFF		
29	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	1	10	150-180' (max. comfort dist.)
	1	10	90'
30	OFF		
31	1	10	60'
	1	10	90'

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	1	10	120'
	1	10	150'
	1	15	150-180'
	1	10	90'
32	OFF		
	1	10	60'
	1	10	90'
33	1	10	120'
	1	10	150'
	1	15	150-180'
	1	10	90'
34	OFF		
	1	10	60'
	1	10	90'
35	1	10	120'
	1	10	150'
	1	15	150-180'
	1	10	90'
36	OFF		
	1	10	60'
	1	10	90'
37	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
38	OFF		
	1	10	60'
	1	10	90'
39	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
40	OFF		
	1	10	60'
	1	10	90'
41	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
42	OFF		
	1	10	60'
	1	10	90'
43	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
44	OFF		

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45	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
46	OFF		
47	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
	1	10	60'
48	OFF		
49	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
	1	10	60'
50	OFF		
51	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
	1	10	60'
52	OFF		
53	1	25	90'-150'
Warm-up to comfort	1	25	150'-180'
54	OFF		
55	1	25	90'-150'
Warm-up to comfort	1	25	150'-180'
56	OFF		
57	1	25	90'-150'
Warm-up to comfort	1	25	150'-180'
58	OFF		
59	1	25	90'-150'
Warm-up to comfort	1	25	150'-180'
60	OFF		
61-115	Healthy Pitchers Move on to Mound Progression Days 61-115		
61	Warm-up 60'-180' Long Toss as Tolerated 25-30 Pitches on Mound, 50% Intensity Fastballs		

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62-63	OFF	
64		Warm-up 60'-180' Long Toss as Tolerated 25-30 Pitches on Mound, 50% Intensity Fastballs
65-66	OFF	
67		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 50% Intensity Fastballs
68-69	OFF	
70		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 50% Intensity Fastballs
71-72	OFF	
73		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 75% Intensity Fastballs
74-75	OFF	
76		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 50% Intensity Fastballs
77-78	OFF	
79		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 75% Intensity Fastballs
80-81	OFF	
82		Warm-up 60'-180' Long Toss as Tolerated 40-50 Pitches on Mound, 75-80% Intensity (mix in breaking balls)
83-84	OFF	
85		Warm-up 60'-180' Long Toss as Tolerated 40-50 Pitches on Mound, 75-80% Intensity (mix in breaking balls)
86-87	OFF	
88		Warm-up 60'-180' Long Toss as Tolerated 40-50 Pitches on Mound, 75-80% Intensity (mix in breaking balls)
89-90	OFF	
91		Warm-up; 3 Inning Simulated Game (see below)
92	OFF	
93		Bullpen / Long Toss
94-95	OFF	
96		Warm-up; 4 Inning Simulated Game
97-98	OFF	
99		Bullpen / Long Toss
100-101	OFF	
102		Warm-up; 5 Inning Simulated Game
103	OFF	...Return to Throwing in Pitching Rotation
Simulated Game:	10 minutes' warm-up of 50-80 pitches with gradual increasing velocity; (5-8 innings for starters, 3-5 innings for relievers, 2-3 innings for closers); 15-20 pitches per inning, including 10-15 fastballs; 9-minute rest/inning.	