

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 Injured Pitchers

- This interval throwing program is geared towards a progressive return to throwing for previously injured pitchers. This program outlines 115 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	1	25	45'
2	OFF		
3	1	25	45'
4	OFF		
5	2	25	45'
6	OFF		
7	2	25	45'
8	OFF		
9	1 1	25 25	45' 60'
10	OFF		
11	1 1	25 25	45' 60'
12	OFF		
13 Long Toss (Use crow hop 120' and beyond)	1 1 1	25 25 25	60' 90' 120'
14	OFF		

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

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	1	15	150-180'
	1	10	90'
32	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
33	1	10	150'
	1	15	150-180'
	1	10	90'
34	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
35	1	10	150'
	1	15	150-180'
	1	10	90'
36	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
37	1	10	150'
	2	10	150-180'
	1	10	90'
38	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
39	1	10	150'
	2	10	150-180'
	1	10	90'
40	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
41	1	10	150'
	2	10	150-180'
	1	10	90'
42	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
43	1	10	150'
	2	10	150-180'
	1	10	90'
44	OFF		
	1	10	60'
45	1	10	90'

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	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
46	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
47	1	10	150'
	2	10	150-180'
	1	10	90'
	1	10	60'
48	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
49	1	10	150'
	2	10	150-180'
	1	10	90'
	1	10	60'
50	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
51	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	Rehab Pitchers Move on to Mound Progression Days 61-115		
61	1	10	60'
(concentrate on mechanics at 60')	1	10	90'
	1	10	120'
	1	10	150'

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	1	10	150'-180'
	1	10	90'
	1	10	60' Flat Ground Pitching
62	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
63 (concentrate on mechanics at 60')	1	10	150'
	1	10	150'-180'
	1	10	90'
	1	10	60' Flat Ground Pitching
64	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
65 (concentrate on mechanics at 60')	1	10	150'
	1	10	150'-180'
	1	10	90'
	1	15	60' Flat Ground Pitching
66	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
67 (concentrate on mechanics at 60')	1	10	150'
	1	10	150'-180'
	1	10	90'
	1	25	60' Flat Ground Pitching
70	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
71 (concentrate on mechanics at 60')	1	10	150'
	1	10	150'-180'
	1	10	90'
	1	25	60' Flat Ground Pitching
72-73	OFF		
74		Warm-up 60'-180' Long Toss as Tolerated 25-30 Pitches on Mound, 50% Intensity Fastballs	
75-76	OFF		
77		Warm-up 60'-180' Long Toss as Tolerated 25-30 Pitches on Mound, 50% Intensity Fastballs	
78-79	OFF		
80		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 50% Intensity Fastballs	
81-82	OFF		
83		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 50% Intensity Fastballs	

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84-85	OFF	
86		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 75% Intensity Fastballs
87-88	OFF	
89		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 50% Intensity Fastballs
90-91	OFF	
92		Warm-up 60'-180' Long Toss as Tolerated 30-40 Pitches on Mound, 75% Intensity Fastballs
93-94	OFF	
95		Warm-up 60'-180' Long Toss as Tolerated 40-50 Pitches on Mound, 75-80% Intensity (mix in breaking balls)
96-97	OFF	
98		Warm-up 60'-180' Long Toss as Tolerated 40-50 Pitches on Mound, 75-80% Intensity (mix in breaking balls)
99-100	OFF	
101		Warm-up 60'-180' Long Toss as Tolerated 40-50 Pitches on Mound, 75-80% Intensity (mix in breaking balls)
102-103	OFF	
104		Warm-up; 3 Inning Simulated Game (see below)
105	OFF	
106		Bullpen / Long Toss
107-108	OFF	
109		Warm-up; 4 Inning Simulated Game
110	OFF	
111		Bullpen / Long Toss
112-113	OFF	
114		Warm-up; 5 Inning Simulated Game
115		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.