

THROWING PROGRAM

- 3 - 4 times per week
- Apply ice after each throwing session to help decrease the inflammatory response to microtrauma.

3 to 4 MONTHS:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	20	20 (warm-up phase)
	25 - 40	30 - 40
	10	20 (cool down phase)

- **4 - 5 months:** Continue the Throwing Program by tossing the ball with an easy wind-up on alternate days.

	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	20 (warm-up)
	10	30 - 40
	30 - 40	50
	10	20 - 30 (cool down)

- **5 - 6 months:** Continue increasing the throwing distance to a maximum of 60 feet.
- Continue tossing the ball with an occasional throw at no more than half speed.

	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	30 (warm up)
	10	40 - 45
	30 - 40	60 - 70
	10	30 (cool down)

- **6 to 7 months:** During this step gradually increase the distance to 150 feet maximum.

Phase I:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	40 (warm up)
	10	50 - 60
	15 - 20	70 - 80
	10	50 - 60
	10	40 (cool down)

THROWING PROGRAM

Phase II:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	40 (warm up)
	10	50 - 60
	20 - 30	80 - 90
	20	50 - 60
	10	40 (cool down)

Phase III:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	40 (warm up)
	10	60
	15 - 20	100 - 110
	20	60
	10	40 (cool down)

Phase IV:	<u># of THROWS</u>	<u>DISTANCE (ft)</u>
	10	40 (warm up)
	10	60
	15 - 20	120 - 150
	20	60
	10	40 (cool down)

- 7 to 8 months:** Progress to throwing off the mound at 1/2 to 3/4 speed. Try to use proper body mechanics, especially when throwing off the mound:
- Stay on top of the ball.
 - Keep the elbow up.
 - Throw over the top.
 - Follow through with the arm and trunk.

Phase I:	<u># OF THROWS</u>	<u>DISTANCE (ft)</u>
	10	60 (warm up)
	10	120 - 150 (lobbing)
	30	45 (off the mound)
	10	60 (off the mound)
	10	40 (cool down)

THROWING PROGRAM

Phase II:	<u># OF THROWS</u>	<u>DISTANCE (ft)</u>
	10	50 (warm up)
	10	120 - 150 (lobbing)
	20	45 (off the mound)
	20	60 (off the mound)
	10	40 (cool down)
Phase III:	<u># OF THROWS</u>	<u>DISTANCE (ft)</u>
	10	50 (warm up)
	10	60
	10	120 - 150 (lobbing)
	10	45 (off the mound)
	30	60 (off the mound)
10	40 (cool down)	
Phase IV:	<u># OF THROWS</u>	<u>DISTANCE (ft)</u>
	10	50 (warm up)
	10	120 - 150 (lobbing)
	10	45 (off the mound)
	40 - 50	60 (off the mound)
	10	40 (cool down)

At this time, if the pitcher has successfully completed the above phase without pain or discomfort and is throwing approximately 3/4 speed, the pitching coach and trainer may allow the pitcher to proceed to the next step of "Up/Down Bullpens". Up/Down Bullpens is used to simulate a game situation. The pitcher rests in between a series of pitches to reproduce the rest period in between innings.

Up/Down Bullpens: (1/2 - 3/4 speed)

Day 1:	<u># OF THROWS</u>	<u>DISTANCE (ft)</u>
	10 warm-up	120 - 150 (lobbing)
	10 warm-up	60 (off the mound)
	40 pitches	60 (off the mound)
		REST 10 MINUTES
	20 pitches	60 (off the mound)

THROWING PROGRAM

Day 2: OFF

Day 3:	<u># OF THROWS</u>	<u>DISTANCE (ft)</u>
	10 warm-up	120 - 150 (lobbing)
	10 warm-up	60 (off the mound)
	30 pitches	60 (off the mound)
		REST 10 MINUTES
	10 warm-up	60 (off the mound)
	20 pitches	60 (off the mound)
		REST 10 MINUTES
	10 warm-up	60 (off the mound)
	20 pitches	60 (off the mound)

Day 4: OFF

Day 5:	<u># OF THROWS</u>	<u>DISTANCE (ft)</u>
	10 warm-up	120 - 150 (lobbing)
	10 warm-up	60 (off the mound)
	30 pitches	60 (off the mound)
		REST 8 MINUTES
	20 pitches	60 (off the mound)
		REST 8 MINUTES
	20 pitches	60 (off the mound)
		REST 8 MINUTES
	20 pitches	60 (off the mound)

At this point, the pitcher is ready to begin a normal routine, from throwing batting practice to pitching in the bullpen. This program should be adjusted as needed by your physician, athletic trainer or physical therapist.