

# Baseball Pitcher 4-week Short Interval Program

## Skeletally Immature

*\*\*If a radar gun is available, we recommend using one to determine appropriate intensity based on pre-injury velocity if known.*

<b>Phase</b>	<b>Step</b>	<b>Criteria for Progression</b>
<b>Week 1 30-45' Phase</b>	Day 1	20 throws at 30'
	Day 2	REST
	Day 3	30 throws at 30'
	Day 4	REST
	Day 5	10 throws at 30' 10 throws at 45' 10 throws at 30'
	Day 6	REST
	Day 7	REST
<b>Week 2 – 45-60' Phase</b>	Day 1	10 throws at 30' 20 throws at 45' 10 throws at 30'
	Day 2	REST
	Day 3	10 throws at 45' 10 throws at 60' 10 throws at 45'
	Day 4	REST
	Day 5	10 throws at 45' 20 throws at 60' 10 throws at 45'
	Day 6	REST
	Day 7	REST
<b>Week 3- 75-90' Phase</b>	Day 1	10 throws at 45' 10 throws at 60' 10 throws at 75' 10 throws at 45'
	Day 2	REST

	<b>Day 3</b>  <b>Day 4</b>  <b>Day 5</b>  <b>Day 6</b>  <b>Day 7</b>	<b>10 throws at 45'</b> <b>10 throws at 60'</b> <b>20 throws at 75'</b> <b>10 throws at 45'</b>  <b>REST</b>  <b>10 throws at 60'</b> <b>10 throws at 75'</b> <b>10 throws at 90'</b> <b>10 throws at 60'</b>  <b>REST</b>  <b>REST</b>
<b>Week 4 – 90' Phase</b>	<b>Day 1</b>  <b>Day 2</b>  <b>Day 3</b>  <b>Day 4</b>  <b>Day 5</b>  <b>Day 6</b>  <b>Day 7</b>	<b>10 throws at 60'</b> <b>10 throws at 75'</b> <b>15 throws at 90'</b> <b>10 throws at 60'</b>  <b>REST</b>  <b>10 throws at 60'</b> <b>10 throws at 75'</b> <b>20 throws at 90'</b> <b>10 throws at 60'</b>  <b>REST</b>  <b>10 throws at 60'</b> <b>10 throws at 75'</b> <b>20 throws at 90'</b> <b>10 throws at 60'</b>  <b>REST</b>  <b>REST</b>

**\*\*Rest 3-5 minutes between sets**

**Guidelines:**

1. Warm-up prior to throwing with jogging or other activities to develop a light sweat
2. Perform any prescribed mobility/flexibility exercises as prescribed by your physical therapist/athletic trainer.
3. Recommend crow hop with all phases
4. Once the last step is completed without pain, the athlete is ready to be released to unrestricted throwing.

## Soreness Rules

If no soreness, advance one step every 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 this 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 one step

Axe, M., Hurd, W., Snyder-Mackler, L. Data-Based Interval Throwing Programs for Baseball Players. Sports Health. 2009; 1(2): 145-153. Program adapted from TMI Sports Medicine.