

Baseball Pitcher 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.*

Phase	Step	Criteria for Progression
Phase 1 Return to Throwing All throws are at 50% effort	Step 1	Warm up toss to 60' 15 throws at 30" 15 throws at 30" 15 throws at 30' 20 long tosses to 60'
	Step 2	Warm up toss to 75' 15 throws t 45" 15 throws at 45" 15 throws at 45' 20 long tosses to 75'
	Step 3	Warm up toss to 90' 15 throws at 60" 15 throws at 60" 15 throws at 60' 20 long tosses to 90' Fastballs are from level ground following crow hop
Phase 2 Return to Pitching	Step 4	Warm up toss to 105' 20 fastballs (50%) * 16 fastballs (50%) * 16 fastballs (50%) * 25 long tosses to 105'

	Step 5	Warm up toss to 120' 20 fastballs (50%) * 20 fastballs (50%) * 20 fastballs (50%) * 25 long tosses to 120'
	Step 6	Warm up toss to 120' 16 fastballs (50%) * 20 fastballs (50%) * 20 fastballs (50%) * 16 fastballs (50%) * 25 long tosses to 120'
Phase 3 Intensified Pitching	Step 7	Warm up toss to 120' 20 fastballs (50%) * 20 fastballs (75%) * 20 fastballs (75%) * 20 fastballs (50%) *
	Step 8	Warm up toss to 120' 20 fastballs (75%) * 21 fastballs (50%) * 20 fastballs (75%) * 21 fastballs (50%) *
	Step 9	Warm up toss to 120' 25 fastballs (50%) * 24 fastballs (75%) * 24 fastballs (75%) * 25 fastballs (50%) *
	Step 10	Warm up toss to 120' 25 fastballs (75%) * 25 fastballs (75%) * 25 fastballs (75%) *

		20 fastballs (75%) *
	Step 11	Active rest Warm up toss to 120' 20 throws at 60' (75%) 15 throw at 80' (75%)
	Step 12	20 throws at 60' (75%) 15 throws at 80' (75%) Warm up toss to 120' 20 fastballs (100%) * 20 fastballs (75%) * 6 off-speed pitches (75%) * 20 fastballs (100%) *
	Step 13	20 fastballs (75%) * 6 off-speed pitches (75%) * Warm up toss to 120' 20 fastballs (75%) * 4 throws to 1st (75%) 15 fastballs (100%) * 10 off-speed pitches (100%) * 20 fastballs (100%) * 5 off-speed pitches (75%) * 20 fastballs (75%) * 4 throws to 1st (75%)
	Step 14	Warm up toss to 120' 20 fastballs (100%) * Throws to 1st (100%) 15 fastballs (100%) *

		10 off-speed pitches (100%) * 20 fastballs (100%) * 5 off-speed pitches (100%) * 20 fastballs (75%) * 5 throws to 1st (75%)
	Step 15	Batting practice 100-110 pitches 10 throws to 1st Bunts and comebacks
	Step 16	Simulated game

***Rest 9 minutes after these sets**

Instructions

- A. Baseline/preseason
 - To establish a base for training and conditioning, begin with step 3 and advance one step daily to step 14 following soreness rules
- B. Non-throwing arm injury
 - After medical clearance, begin step 3 and advance one step daily to step 16 following soreness rules
- C. Throwing arm – bruise or bone involvement
 - After medical clearance, begin with step 1 and advance program as soreness rules allow throwing every other day
- D. Throwing arm – tendon/ligament injury (mild)
 - After medical clearance, begin with step 1 and advance program to step 3 throwing every other day as soreness rules allow
 - Throw every third day on steps 4-8 as soreness rules allow
 - Return to throwing every other day as soreness rules allow for steps 9-16
- E. Throwing arm – tendon/ligament injury (moderate, severe, or post-op)
 - After medical clearance, begin throwing at step 1
 - For steps 1-3, advance no more than 1 step every 3 days with 2 days of active rest (warm up and long tosses) following each workout
 - Steps 4-8 advance no more than 1 step every 3 days with 2 days active rest (see step 11) following each workout
 - Advance steps 9-16 daily as soreness rules allow

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.