



## INTERVAL THROWING PROGRAM FOR BASEBALL PLAYERS

This program is designed to return motion and strength, while minimizing the chance of re-injury. The following factors are important to remember:

- The return to throwing after injury must include attention to the entire body.
- The chance for re-injury is lessened by a graduated progression of interval throwing.
- Proper warm-up is essential.
- Most injuries occur as a result of fatigue or overuse.
- Proper throwing mechanisms lessen the incidence of re-injury.

Heat on the shoulder or elbow may help loosen the athlete prior to throwing. Ice alone is recommended after throwing or to reduce swelling. Warm-up and stretch before throwing.

Dr. Gardner recommends **NEVER** throwing more than one step per day. The object is to complete each phase without pain before moving to the next phase. Throw the ball just hard enough to make the distance for each phase. A day of rest between steps is best. When you can throw 50 throws at 180 feet, you are ready for unrestricted throwing.

### 45' Phase

#### Step 1

- Warm-up throwing
- 45': 25 throws.  
Rest 15 minutes.  
Repeat a & b once.

#### Step 2

- Warm-up throwing
- 45': 25 throws
- Rest 10 minutes  
Repeat a, b, & c twice

### 60' Phase

#### Step 3

- Warm-up throwing
- 60': 25 throws.  
Rest 15 minutes.  
Repeat a & b once.

#### Step 4

- Warm-up throwing
- 60': 25 throws
- Rest 10 minutes  
Repeat a, b, & c twice

### 90' Phase

#### Step 5

- Warm-up throwing
- 90': 25 throws.  
Rest 15 minutes.  
Repeat a & b once.

#### Step 6

- Warm-up throwing
- 90': 25 throws
- Rest 10 minutes  
Repeat a, b, & c twice

### 120' Phase

#### Step 7

- Warm-up throwing
- 120': 25 throws.  
Rest 15 minutes.  
Repeat a & b once.

#### Step 8

- Warm-up throwing
- 120': 25 throws
- Rest 10 minutes  
Repeat a, b, & c twice

### 150' Phase

#### Step 9

- Warm-up throwing.
- 150': 25 throws  
Rest 15 minutes.  
Repeat a & b once

#### Step 10

- Warm-up throwing
- 150': 25 throws
- Rest 10 minutes  
Repeat a, b, & c twice



### 180' Phase

#### Step 11

- Warm-up throwing
- 180': 25 throws.  
Rest 15 minutes.  
Repeat a & b once.

#### Step 12

- Warm-up throwing
- 180': 25 throws  
Rest 10 minutes  
Repeat a, b, & c twice

#### Step 13

- Warm-up throwing
- 180': 25 throws  
Rest 10 minutes  
Repeat a & b once  
Rest 10 minutes  
Warm-up throwing  
180': 50 throws

#### Step 14

Unrestricted throwing activities/throwing velocity now can be increased to game competition levels.