



Baseball Interval Throwing Program

CRITERIA FOR ENTRY

1. Full, pain free range of motion
2. Normal, pain free muscle strengthening
3. Physician approval

GENERAL CONSIDERATIONS

1. Emphasize pre-throwing warm-up and stretching
 - a. Perform light jogging first or upper body warmup
 - b. Follow with stretching of shoulder (self or manual)
 - c. Warm-up throws at approximately 30-60 feet
2. Goal is to complete one phase before progressing to another
 - a. Gradually increase tissue tolerance to fatigue
 - b. If unable to complete phase, rest one day and try again
 - c. **ALL throwing must be PAINFREE**
3. Proper throwing mechanics are essential for injury prevention
 - a. Use the “crow-hop” method of throwing for long toss
 - b. Long toss should have high arc on ball; follow-through is vital
 - c. For pitchers, throw from mound under supervision of coach
4. Individuals will progress at different rates
 - a. Different injuries and surgeries heal differently
 - b. Age and competition level will vary, in-season athletes may progress faster
5. Perform strengthening exercises after throwing
 - a. Emphasize light weight and high repetitions
 - b. Exercise to fatigue with a consistent maintenance exercise routine
6. Soreness is to be expected after throwing or next day
 - a. Stop throwing if sharp pains are experienced during throwing
 - b. Use ice or heat for soreness
7. Rest days are important
 - a. Rest between throwing days
 - b. Perform light stretching and aerobics
8. Once able to long toss at 75 times at 180 feet, progress to specific throwing
 - a. Pitchers progress to mound
 - b. Position players progress to field position

Phase 1 – 12 Step Long Toss Routine

- ☆ All baseball players must begin re-entry with long toss
- ☆ All throwing must be pain free
- ☆ Emphasize a “crow-hop” throw with follow-through
- ☆ Emphasize a high arc on the ball; no hard, ground-level throwing
- ☆ Always warm-up first: jog, stretch, light toss (30-60 feet)
- ☆ Soreness to expected; rest and use ice or heat between throwing days
- ☆ Continue a maintenance strengthening program; perform after throwing
- ☆ Once able to complete 75 throws at 180 feet, begin gradual return to position

12 STEP DISTANCE ROUTINE:

WARM-UP: LIGHT TOSS x10 MINUTES @ 30 – 60 FEET

REST: ODD STEPS x15 MINUTES, EVEN STEPS: x10MINUTES

1. 45' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	2. 45' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws	3. 60' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	4. 60' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws
5. 90' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	6. 90' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws	7. 120' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	8. 120' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws
9. 150' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	10. 150' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws	11. 180' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws	12. 180' A.) Warm-up B.) 25 throws C.) Rest D.) Warm-up E.) 25 throws F.) Rest G.) 25 throws

PITCHERS: Progress to re-entry program from mound

POSITIONAL PLAYERS: Progress to re-entry program from position

BATTING: With physician approval, progress to re-entry program for hitters

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