

# Interval Throwing Program



## Introduction:

The purpose of this interval throwing program is to reinforce proper throwing mechanics while gradually returning motion, strength, and confidence in the throwing arm after an injury or surgery. Through a slow progression with graduated throwing distances and intensities, and with proper focus on throwing mechanics, proper warmup, and proper stretching, this program is designed to allow for a safe return to competition by reducing the risk of injury or re-injury.

## Points of Consideration:

1. **Proper Warm-up Techniques:** Jogging provides for a great full body warm-up by increasing blood flow to muscles, and joint surfaces and tissues thus increasing their flexibility and decreasing the chance of injury or re-injury. As the amount of warm-up will vary from person to person, athletes should jog until developing a light sweat.
2. **Proper Stretching Techniques:** Throughout your rehabilitation, your physical therapist or athletic trainer has provided you with several stretches to increase your shoulder's range of motion. Continuing these stretches while also adding various lower body and core stretches will continue to greatly increase your flexibility and greatly reduce your likelihood of injury or re-injury.
3. **Proper Throwing Techniques:** The act of throwing a baseball/softball involves the transfer of energy from the feet, through the legs, pelvis, shoulder, elbow, and hand into the ball. Throwing is therefore a full body motion, and attention must always be focused on using the entire body throughout this progression. The Crow Hop Method is therefore to be used in all phases of the program. Strictly avoid 'arming' the ball and 'flat footed' throwing. Emphasize the Crow Hop method and a high arc on the ball rather a hard ground-level throw. Your Coach or Athletic Trainer should be with you during this progression to encourage proper throwing techniques.
4. **Proper Strengthening Techniques:** Continued shoulder strengthening throughout the throwing program is vital. Your shoulder strengthening program should be completed each day after you throw; followed by a 10 minute cool down period, followed by 10-15 minutes of ice to the shoulder, arm, and elbow.
5. **Proper Adherence to the Program:** Most injuries and re-injuries occur as a result of fatigue, an excessively rapid progression in distance and/or intensity, or both. Therefore:
  - A. Throwing Velocity should be determined by distance. The ball should only have enough momentum to travel the distance.
  - B. Throwing frequency is limited to an every-other-day method in order to minimize fatigue. Off days are designed for continued shoulder flexibility and recovery, general conditioning, and any additional lower body strengthening and flexibility deemed necessary. No shoulder strengthening should be performed on an off day.
  - C. Symptoms such as soreness and stiffness are to be expected during a strengthening and endurance program. However, pain and swelling, especially if they do not respond to rest, ice, and anti-inflammatory medication, is not. If you experience these symptoms, contact your physician. Successful completion is therefore defined as:
    - a. **For the Daily Workout:** The completion of a proper warm-up, stretching routine, interval throwing stage, strengthening program, and cool down without pain.
    - b. **For Progression to the Next Stage:** The athlete must be completely comfortable with the current stage and must successfully complete 3 successive workouts at the previous stage.
  - D. There is no set timetable for this progression. Additional rest days are to be incorporated as needed. Each athlete should only progress under the criteria mentioned in the previous point.

# Interval Throwing Program

\*Warm-Up Throwing: 5 Minute light lob toss from 30 feet

<b>STAGE 1</b>					
Phase 1	45 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws	Phase 2	45 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws f) Rest (5min) g) Warm-up (5min) h) 25 Throws
<b>STAGE 2</b>					
Phase 1	60 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws	Phase 2	60 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws f) Rest (5min) g) Warm-up (5min) h) 25 Throws
<b>STAGE 3</b>					
Phase 1	90 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws	Phase 2		a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws f) Rest (5min) g) Warm-up (5min) h) 25 Throws
<b>STAGE 4</b>					
Phase 1	120 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws	Phase 2	120 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws f) Rest (5min) g) Warm-up (5min) h) 25 Throws
<b>STAGE 5</b>					
Phase 1	150 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws	Phase 2	150 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws f) Rest (5min) g) Warm-up (5min) h) 25 Throws
<b>STAGE 6</b>					
Phase 1	180 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws	Phase 2	180 Feet	a) Warm-up (5min) b) 25 Throws c) Rest (5min) d) Warm-up (5min) e) 25 Throws f) Rest (5min) g) Warm-up (5min) h) 25 Throws

\*After successful completion of Stage 6, the athlete may begin a progressive return to their position. For Pitchers, you may begin the Return to Pitching Interval Throwing Program.