



REHAB PROTOCOL INTERVAL THROWING PROGRAM - PHASE 1

- Warm-up throwing 10-25 throws out to 45 ft. (High School/College) / 30ft (Little League)
- Step throw and full follow through on all throws
- All throws from 45/30ft (LL) to 90/75ft (LL) are on arc (throw like someone in-between you)
- Any throws greater than 75ft use crow hop
- Performed every other day
- Continue Outlined Shoulder/wrist strength program 2-3x per week (After Throwing)

(Shorter Distances are for LITTLE LEAGUE marked (LL))

Week	45ft/30ft (LL)	60ft/45ft (LL)	75ft/60ft (LL)	90ft/75ft (LL)	120ft/90ft (LL)
1	2 x 10	1 x 10			
2	2 x 10	1 x 10			
3	2 x 10	2 x 10	1 x 10		
4	2 x 10	1 x 10	2 x 10	1 x 10	
5	2 x 10	1 x 10	1 x 10	2 x 10	1 x 10
6	2 x 10	1 x 10	1 x 10	2 x 10	1 x 10 After 120/90ft (LL) return back to 60/45ft (LL) and do 10 throws on a line



Flat Ground Throwing for Baseball Pitchers-Phase 2

Performed 2x per week

In addition, continue above Week 6 Long toss 2x per week

Warm-up throwing Week	60ft/45ft (LL)	90ft/75ft(L L)	120ft/90 ft (LL)
1	10 Throws	10 Throws	10 Throws After 120/90ft (LL) return back to 60 ft./45 ft (LL) and do 20 throws (flat ground-using pitcher mechanics)
2	10 Throws	10 Throws	10 Throws After 120/90 ft (LL) return back to 60ft/45ft (LL) and do 2x20 throws (flat ground-using pitcher mechanics)

Return to Pitching off Mound

- These mound/side session should be done 2x per week
- In addition Continue Week 6 long toss program 2x per week
- Ok to add one day light catch to program (60 ft x 30 throws)
 - Throwing total 5 days per week
- First 2 weeks should be fast ball only
- Integrate off speed pitches week 3
- Integrate curve/slider (if applicable) week 4
- Must Continue outlined shoulder/wrist strength program (After throwing)
- Work with coach on technique/command etc.



Use Flat Ground Throwing for Baseball Pitchers –Phase 2 Week 2 as a warm up

Week 1 - 15 Throws off mound 50% (Fast ball only)

Rest 5 Minutes 15 Throws off Mound 50%

Week 2 - 15 Throws from Mound 50% (Fast ball only)

Rest 10 Minutes 15 throws from mound 50%

Rest 10 minutes 15 throws from mound 50%

Week 3 - 15 Throws from Mound 50% (Ok to add off speed pitches)

Rest 10 Minutes 15 throws from mound 75%

Rest 10 Minutes 15 throws from mound 75%

Week 4 - 15 Throws 75% (Ok to add curve/Slider if applicable)

Rest 10 Minutes 15 Throws 75%

Rest 10 Minutes 15 Throws 75%

Week 5 - 15 Throws 100% (All Pitches)

Rest 10 Minutes (Repeat for total 60 Pitches)