



## INTERVAL THROWING PROGRAM

**All throws shall be four seam fastballs.  
Under no circumstances should breaking balls be attempted during  
rehabilitation until clearance has been given to throw off the mound.**

### Warm Up

**Prior to throwing: Warm-up for 5-10 minutes (jog).**

**Stretch per instructions.**

**Rest 5 minutes between sets when throwing.**

Week	Phase	Days	Feet	Throws	Intensity	Exercises
	1	S M T W T F S		X 25	%	S M T W T F S
	2	S M T W T F S		X 25	%	S M T W T F S
	3	S M T W T F S		X 25	%	S M T W T F S
	4	S M T W T F S		X 25	%	S M T W T F S
	5	S M T W T F S		X 25	%	S M T W T F S
	6	S M T W T F S		X 25	%	S M T W T F S
	7	S M T W T F S		X 25	%	S M T W T F S
	8	S M T W T F S		X 25	%	S M T W T F S

**ICE for 15 minutes following throwing program**

### Other instructions:

### Return to Pitching Mound and Interval Mound Program

**Progression between phases is dependent on problem or surgery**

Non-surgical problem - progress through stages perhaps in 4 weeks

Minor surgery progress - through stages perhaps in 4-6 weeks

Major surgery / reconstruction - progress through phases over 2-3 months