

Throwing Program and Exercises

5 Day Throwing Program

Pitch in the Game

- T-Bands:
 - ER at side 2×12
 - IR at side 1×12
 - D2 Flexion 2×12
 - D2 Extension 2×12
 - Horizontal Abduction 2×12
 - ER/IR at 90/90 position 2×12
- 1 hand Plyoball exercises
 - Semi-circle wall dribble 2×30 seconds
 - 90/90 wall dribble 2×30 reps
- Light stretch post exercise with emphasis on cross-body adduction and IR

Day 1

- Good stretch prior to exercise
- Weights (use 4lbs or 5lbs)
 - Standing Flexion to 160 degrees 2×12
 - Standing Scaption to 160 degrees 2×12
 - Standing palm-down abduction to 90 degrees 2×12
 - Sidelying ER with towel 2×15
 - Prone palm down horizontal abduction to 90 degrees 2×12
 - Prone Scaption 2×12
 - Prone row at side 2×12
 - Prone row at 90 degrees 2×12
 - Prone row 90 degrees with ER 2×12

Day 2

- Throw on the side
- 2 handed plyoball exercises
 - Chest Pass 2×15
 - Overhead throw 2×15
 - Diagonal throw 2×15
- 1 handed plyoball exercises
 - Kneeling 90/90 ER throw 1×15
 - Kneeling D2 Flexion/extension deceleration catch 1×15
- Manual Therapy
 - Sarratus Punch at 90 degrees 1×12
 - Sarratus Punch at 60 degrees 1×12

- D2 Flexion/extension con-con 1×12
- D2 Flexion/extension con-ecc 1×12
- Sidelying ER 1×12
- Sidelying ER with rhythmic stabilization on every 3rd rep 1×12
- Prone horizontal abduction 1×12
- Prone Scaption 1×12
- Prone row at side 1×12
- Prone row at 90 degrees 1×12
- Prone row at 90 degrees with ER 1×12
- Biceps/Triceps 2x12each
- Light stretch post-exercise with emphasis on cross-body adduction and IR

Day 3

- Good stretch prior to exercise
- Weights 2lbs or 3lbs
 - Same routine as Day 1 but 1×15 reps
- Bands
 - ER at side 2×12
 - IR at side 1×12
- Light Stretch post-exercise

Day 4

- Rest

Interval Throwing Program

**Throwing program can begin at the following times following the procedures below.

- Pancapsular Plication – 6 months with return to play at 8 months
- Labral Repair -4-6 months
- RTC Repair – 6 months

** Flat Ground Throwing at 50% intensity with gradual increase as Phase 1 Progresses.

Phase 1

Starting at Step 11 begin a throwing cool down with partner at the end of each session. This should be 10 throws with partner squatting at 60 feet flat ground.

Step 1

10 @ 30 Feet

25 @ 45 Feet

Step 2

10 @ 30 Feet

25 @ 45 Feet

Rest 10 Minutes

25 @ 45 Feet

Step 3

10 @ 30 Feet 25 @ 45 Feet Rest 10 Minutes 10 @ 30 Feet 25 @ 45 Feet Rest 10 Minutes 10 @ 30 Feet 25 @ 45 Feet

Step 4

10 @ 30 Feet 25 @ 45 Feet Rest 10 Minutes 10 @ 30 Feet 15 @ 45 Feet 25 @ 60 Feet

Step 5

10 @ 45 Feet 25 @ 60 Feet Rest 10 Minutes 10 @ 45 Feet 25 @ 60 Feet

Step 6

10 @ 45 Feet 25 @ 60 Feet Rest 10 Minutes 10 @ 45 Feet 25 @ 60 Feet Rest 10 Minutes 25 @ 60 feet

Step 7 *Repeat for three sessions*

10 @ 45 feet 10 @ 60 Feet 25 @ 75 Feet Rest 10 Minutes 10 @ 45 Feet 10 @ 60 Feet 25 @ 75 Feet

Step 8

10 @ 60 Feet 25 @ 75 Feet Rest 10 Minutes 10 @ 45 Feet 10 @ 60-75 Feet 25 @ 90 Feet

Step 9

10 @ 45 Feet 10 @ 60– 75 Feet 25 @ 90 feet Rest @ 10 Minutes 10 @ 45 Feet 10 @ 60 Feet – 75 Feet

Step 10 * Repeat This Session Three Times*

10 @ 45 Feet 10 @ 60 – 75 Feet 25 @ 90 Feet Rest 10 Minutes 10 @ 60-75 Feet 25 @ 90 Feet Rest 10 Minutes 10 @ 45 Feet 10 @ 60-75 Feet 25 @ 90 Feet

Step 11

10 @ 45 Feet 10 @ 60-75 Feet 25 @ 90 Feet Rest 10 Minutes 10 @ 45-60 Feet 15 @ 90 Feet 25 @ 105 Feet

Step 12

10 @ 45-60 Feet 15 @ 90 Feet 25 @ 105 Feet Rest 10 Minutes 10 @ 45 – 60 Feet 15 @ 90 Feet 25 @ 105 Feet

Step 13 *Repeat This Session TWO Times*

10 @ 45-60 Feet 15 @ 90 Feet 25 @ 105 Feet Rest 10 Minutes 10 @ 45-60 Feet 15 @ 90 Feet 25 @ 105 Feet Rest 10 Minutes 10 @ 45-60 Feet 15 @ 90 Feet 25 @ 105 Feet

Step 14 *Repeat This Session TWO Times*

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10 @ 45-60 Feet 15 @ 90 Feet 25 @ 105 Feet Rest 10 Minutes 10 @ 45-60 Feet 15 @ 90-105 Feet 25 @ 120 Feet

Step 15 *Repeat This Session TWO Times*

10 @ 45-60 Feet 15 @ 90-105 Feet 25 @ 120 Feet Rest 10 Minutes 10 @ 45-60 Feet 15 @ 90-105 Feet 25 @ 120 Feet

Step 16 *Repeat This Session SIX Times*

10 @ 45-60 Feet 15 @ 90-105 Feet 25 @ 120 Feet Rest 10 Minutes 10 @ 45-60 Feet 15 @ 90-105 Feet 25 @ 120 Feet Rest 10 Minutes 10 @ 45-60 feet 15 @ 90-105 Feet 15 @ 120 Feet

Step 17

Warm-up throwing 25 @ 150 Feet 15 @ 60 Feet Biomechanics work

Step 18

Warm-up throwing 25 @ 150 Feet Rest 10 Minutes Warm-up throwing 25 @ 150 Feet 15 @ 60 Feet Biomechanics work

Step 19

Warm-up throwing 25 @ 150 Feet Rest 10 Minutes Warm-up Throwing 25 @ 150 Feet 15 @ 60 Feet Biomechanics work Rest 10 minutes Warm-up throwing 25 @ 150 Feet 15 @ 60 Feet

Off Mound Throwing Program

Phase 2

- Warm-up long toss to 120 Feet before moving to mound
- Cool down throws at 60 Feet before the mound
- Rest as needed between throws on mound
- Steps 1-7 fastballs only

- All throwing off the mound should be done in the presence of your pitching coach to stress proper mechanics
- Use Speed gun to aid in effort of control

*Steps 8-13 will be completed with a long toss day in-between. Such as throw from mound on Monday, long toss Tuesday, mound throwing Wednesday. Breaking balls can begin at Step 8 from flat ground. At Step 12 breaking balls may be thrown off mound.

Step 1 Long Toss

10 Throws in front of mound 15 Throws off mound @ 50%

Step 2 Long Toss

30 throws off mound @ 50%

Step 3 *Repeat This Session Two Times*

Long Toss 45 off mound @ 50%

Step 5 *Repeat This Session Two Times*

Long Toss 30 off mound @ 50% 30 off mound @ 75%

Step 6 *Repeat This Session Two Times*

Long Toss 15 Off mound @ 50% 45 Off mound @ 75%

Step 7 *Repeat This Session Two Times*

Long Toss 45 off mound @ 75% 15 off mound @ 90%

Step 8

Long Toss with 15 breaking balls 45 throws off mound @75-80% 15 Throws in Batting Practice @ 90%

Step 9

Long Toss with 15 breaking balls 45 Throws off mound @75-80% 30 throws off mound in Batting Practice

Step 10

Long Toss with 15 Breaking balls 45 off mound throws @75-80% 45 Throws in BP @100%

Step 11

Long Toss 45 Throws off the mound with 15 breaking balls @ 50% 50 Throws off the mound with fastball/change only in Batting Practice

Step 12

60 Throws off the mound with 20 breaking balls @75 % (NO batting Practice)

Step 13

30 Throws off the mound 50 throws in Batting practice off the mound with 20 breaking balls
90-100%

Step 14

Begin Simulated game 15-20 pitches per inning. Start with 2 innings