



obermeyermd.com

O: 847-285-4318

F: 847-885-0130

Interval Throwing Program

Introduction: This is a guide on throwing distance and repetitions to gradually prepare a throwing athlete for competition after an injury or surgery. This program is intended initially to be performed on flat ground (not pitching mound), and throws should be submaximal effort where the ball toss trajectory creates an “arc” (not a line). Go through each step prior to progressing and stop throwing after the recommended throw counts even if you are feeling good. Do not throw more often than every other day. Adapted from the American Sports Medicine Institute in Birmingham, Alabama.

Pitchers and position players (flat ground):

45' Phase	60' Phase	90' Phase	120' Phase
Step 1: A. Warm-up throwing B. 45' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 45' (25 throws)	Step 3: A. Warm-up throwing B. 60' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 60' (25 throws)	Step 5: A. Warm-up throwing B. 90' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 90' (25 throws)	Step 7: A. Warm-up throwing B. 120' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 120' (25 throws)
Step 2: A. Warm-up throwing B. 45' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 45' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 45' (25 throws)	Step 4: A. Warm-up throwing B. 60' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 60' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 60' (25 throws)	Step 6: A. Warm-up throwing B. 90' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 90' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 90' (25 throws)	Step 8: A. Warm-up throwing B. 120' (25 throws) C. Rest 5–10 min D. Warm-up throwing E. 120' (25 throws) F. Rest 5–10 min G. Warm-up throwing H. 120' (25 throws)



Thomas Obermeyer, M.D.



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150' Phase

180' Phase

Step 9:

- A. Warm-up throwing
- B. 150' (25 throws)
- C. Rest 5–10 min
- D. Warm-up throwing
- E. 150' (25 throws)

Step 10:

- A. Warm-up throwing
- B. 150' (25 throws)
- C. Rest 5–10 min
- D. Warm-up throwing
- E. 150' (25 throws)
- F. Rest 5–10 min
- G. Warm-up throwing
- H. 150' (25 throws)

Step 11:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 5–10 min
- D. Warm-up throwing
- E. 180' (25 throws)

Step 12:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 5–10 min
- D. Warm-up throwing
- E. 180' (25 throws)
- F. Rest 5–10 min
- G. Warm-up throwing
- H. 180' (25 throws)

Step 13:

- A. Warm-up throwing
- B. 180' (25 throws)
- C. Rest 5–10 min
- D. Warm-up throwing
- E. 180' (25 throws)

Step 14:

Begin throwing off the mound or return to respective position.

Pitchers returning to the mound after they have completed flat ground portion above:

Step 1: Interval throwing - 15 throws off mound 50% (use interval throwing to 120' phase as warm-up)

Step 2: Interval throwing - 30 throws off mound 50%

Step 3: Interval throwing - 45 throws off mound 50% (all throwing off the mound should be done in the presence of your pitching coach to stress proper throwing mechanics)

Step 4: Interval throwing - 60 throws off mound 50%

Step 5: Interval throwing - 70 throws off mound 50% (use speed gun to aid in effort control)

Step 6: 45 throws off mound 50%; 30 throws off mound 75%

Step 7: 30 throws off mound 50%; 45 throws off mound 75%

Step 8: 65 throws off mound 75%; 10 throws off mound 50%



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Stage 2: Fastballs only

Step 9: 60 throws off mound 75%; 15 throws in batting practice

Step 10: 50 to 60 throws off mound 75%; 30 throws in batting practice

Step 11: 45 to 50 throws off mound 75%; 45 throws in batting practice

Stage 3

Step 12: 30 throws off mound 75% warm-up; 15 throws off mound 50% breaking balls; 45 to 60 throws in batting practice (fastball only)

Step 13: 30 throws off mound 75%; 30 breaking balls 75%; 30 throws in batting practice

Step 14: 30 throws off mound 75%; 60 to 90 throws in batting practice (gradually increase breaking balls)

Step 15: Simulated game - progressing by 15 throws per workout (pitch count)