

## Interval Throwing Program

**The following information will assist the throwing athlete back into the game. This is a distinctly spelled out program that in its variety of forms has had good success in the paced return of the overhead throwing athlete. This should be done with/observed by someone who has knowledge of the correct mechanics for throwing.**

### Instructions to start this program:

1. If injury involve the non-throwing arm (can include legs, etc.):
  - a. Need medical clearance to begin
  - b. Begin with Step 4
  - c. Follow soreness rules
2. If mild injury of throwing arm;
  - a. Need medical clearance to begin
  - b. Begin with Step 1
  - c. Follow soreness rules
3. If moderate/severe injury or had surgery of throwing arm:
  - a. Need medical clearance to begin
  - b. Begin with Step 1
  - c. Follow soreness rules
4. if no injury and just returning to throwing after time off:
  - a. Begin with Step 4
  - b. Follow soreness rules

### Progressions

Start with Step 4  
Progress 1 step daily\*

Progress 1 step every other day\*  
Steps 8-12 throw every 3<sup>rd</sup> day\*  
Progress 1 step every other day after  
Step 13\*

Steps 1-12 progress every 3 days with  
Warm up /Long toss other 2 days\*  
Step 13-16 progress 1 step every other  
day, warm up/long toss other days\*  
Step 17-21 advance daily\*

Start with Step 4  
Progress 1 step daily\*

*\*Following soreness rules*

### Soreness Rules:

1. If no soreness, advance to next step following noted progressions
2. Soreness with warm up that goes away within 15 throws, repeat previous workout. If soreness continues this workout, stop, take 2 days off, and drop down 1 step
3. If sore more than 1 hour after throwing, or the next day, take a day off and repeat the most recent throwing program
4. If sore during warm up and soreness continues through the 1<sup>st</sup> 15 throws, stop, take 2 days off and drop down one step

**\*\*If there is a break in form (poor mechanics) this should be treated as soreness and dropping down to the previous level to correct is necessary before advancing.**

### Warm Up:

1. Jog until sweating
2. Stretching Program: neck, UE's, Trunk, LE's

### Throwing form to follow for flat ground Throwing:

**Crow Hop: hop-skip-throw...Increase the intensity of this motion as distances increase**

**Warm Up Tosses:**

**3-5 throws at 10-15'(Little Leaguers) and 3-5 throws at 25-30 feet for teens and older  
Increase 10-15' every 3-5 throws until the indicated long toss distance has been reached**

**After completing the final long tosses at the end of each step:**

- 1. Jog to break a sweat**
- 2. Ice shoulder and elbow for 15-20 minutes (keep barrier between ice and skin to avoid a burn)**

***Cardiovascular workouts and Home Exercise Program training are to be done on non-throwing days.***

***Again, proper mechanics is necessary to progress through each level. If proper mechanics/form is lost, this should be treated as soreness and taking a step back to the previous level to correct the form is necessary.***