



Washington Orthopaedics & Sports Medicine

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INTERVAL THROWING PROGRAM

** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

- Moist heat prior to throwing and ice after throwing is recommended whenever possible.

** Each step should be ~one-two weeks. If pain occurs during any step, back up to previous step.

Phase I: Long Toss Program

45-ft. Stage

Step 1:

- a. Warm-up throwing
- b. 45 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 45 ft. (25 throws)

Step 2 :

- a. Warm-up throwing
- b. 45 ft. (25 throws)
- c. Rest 10 min.;
- d. Warm-up throwing
- e. 45 ft. (25 throws)
- f. Rest 10 min.
- g. Warm-up throwing
- h. 45 ft. (25 throws)

60-ft. Stage

Step 3:

- a. Warm-up throwing
- b. 60 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 60 ft. (25 throws)

Step 4:

- a. Warm-up throwing
- b. 60 ft. (25 throws)
- c. Rest 10 min.
- d. Warm-up throwing
- e. 60 ft. (25 throws)
- f. Rest 10 min.
- g. Warm-up throwing
- h. 60 ft. (25 throws)
- i. Rest 10 min.
- j. Warm-up throwing
- k. 60 ft. (25 throws)

90-ft. Stage:

Step 5:

- a. Warm-up throwing
- b. 90 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 90 ft. (25 throws)

Step 6:

- a. Warm-up throwing
- b. 90 ft. (25 throws)
- c. Rest 10 min.
- d. Warm-up throwing
- e. 90 ft. (25 throws)
- f. Rest 10 min.
- g. Warm-up throwing
- h. 90 ft. (25 throws)

120-ft. Stage:

- Step 7:
- a. Warm-up throwing
 - b. 120 ft. (25 throws)
 - c. Rest 15 min.
 - d. Warm-up throwing
 - e. 120 ft. (25 throws)

- Step 8:
- a. Warm-up throwing
 - b. 120 ft. (25 throws)
 - c. Rest 10 min.
 - d. Warm-up throwing
 - e. 120 ft. (25 throws)
 - f. Rest 10 min.
 - g. Warm-up throwing
 - h. 120 ft. (25 throws)

150-ft. Stage:

- Step 9:
- a. Warm-up throwing
 - b. 150 ft. (25 throws)
 - c. Rest 15 min.
 - d. Warm-up throwing
 - e. 150 ft. (25 throws)

- Step 10:
- a. Warm-up throwing
 - b. 150 ft. (25 throws)
 - c. Rest 10 min.
 - d. Warm-up throwing
 - e. 150 ft. (25 throws)
 - f. Rest 10 min.
 - g. Warm-up throwing
 - h. 150 ft. (25 throws)

180-ft. Stage:

- Step 11:
- a. Warm-up throwing
 - b. 180 ft. (25 throws)
 - c. Rest 15 min.
 - d. Warm-up throwing
 - e. 180 ft. (25 throws)

- Step 12:
- a. Warm-up throwing
 - b. 180 ft. (25 throws)
 - c. Rest 10 min.
 - d. Warm-up throwing
 - e. 180 ft. (25 throws)
 - f. Rest 10 min.
 - g. Warm-up throwing
 - h. 180 ft. (25 throws)

- Step 13:
- a. Warm-up throwing
 - b. 180 ft. (25 throws)
 - c. Rest 10 min.
 - d. Warm-up throwing
 - e. 180 ft. (25 throws)
 - f. Rest 10 min.
 - g. 180 ft. (25 throw)

- Step 14:
- a. Begin throwing from mound or return to respective position.

INTERVAL THROWING PROGRAM

** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

Phase II: Starting Off the Mound**Stage I: Fastball Only**

- Step 1:
- a. Interval throwing
 - b. 15 throws from mound 50%

- Step 2:
- a. Interval throwing
 - b. 30 throws from mound 50%

- Step 3:
- a. Interval throwing
 - b. 45 throws from mound 50%

- Step 4:
- a. Interval throwing
 - b. 60 throws from mound 50%

Step 5: a. Interval throwing
b. 30 throws from mound 75%

Step 6: a. 30 throws from mound 75%
b. 45 throws from mound 50%

Step 7: a. 45 throws from mound 75%
b. 15 throws from mound 50%

Step 8: a. 60 throws from mound 75%

Stage II: Fastball Only

Step 9: a. 45 throws from mound 75%
b. 15 throws in batting practice

Step 10: a. 45 throws from mound 75%
b. 30 throws in batting practice

Step 11: a. 45 throws from mound 75%
b. 45 throws in batting practice

Stage III:

Step 12: a. 30 throws from mound 75% warm-up
b. 15 throws from mound 50% breaking balls

Step 13: a. 30 throws from mound 75%
b. 30 breaking balls 75%
c. 30 throws in batting practice

Step 14: a. 30 throws from mound
b. 60-90 throws in batting practice 25% breaking balls

Step 15: Simulated game progressing by 15 throws per work-out. Use interval throwing to 120 ft. phase as warm-up. All throwing from the mound should be done in the presence of the pitching coach to stress proper throwing mechanics. A speed gun should be used to aid in effort control.