

## Interval Throwing Program for Baseball Players: Phase I

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| <div>45' Phase</div> <div>Step 1: A) Warm-up Throwing<br/>B) 45' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 45' (25 Throws)<br/>Step 2: A) Warm-up Throwing<br/>B) 45' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 45' (25 Throws)<br/>F) Rest 5-10 min.<br/>G) Warm-up Throwing<br/>H) 45' (25 Throws)</div>                                                                                                                                                                                                                                                                                                                        | <div>60' Phase</div> <div>Step 3: A) Warm-up Throwing<br/>B) 60'(25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 60' (25Throws)<br/>Step 4: A) Warm-up Throwing<br/>B) 60' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 60' (25 Throws)<br/>F) Rest 5-10 min.<br/>G) Warm-up Throwing<br/>H) 60' (25 Throws)</div>                                                                                                                                                                                                                                                                                                                                                                                                        | <div>90' Phase</div> <div>Step 5: A) Warm-up Throwing<br/>B) 90' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 90' (25 Throws)<br/>Step 6: A) Warm-up Throwing<br/>B) 90' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 90' (25 Throws)<br/>F) Rest 5-10 min.<br/>G) Warm-up Throwing<br/>H) 90' (25 Throws)</div> | <div>120' Phase</div> <div>Step 7: A) Warm-up Throwing<br/>B) 120' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 120' (25 Throws)<br/>Step 8: A) Warm-up Throwing<br/>B) 120' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 120' (25 Throws)<br/>F) Rest 5-10 min.<br/>G) Warm-up throwing<br/>H) 120' (25 Throws)</div>              |
| <div>150' Phase</div> <div>Step 9: A) Warm-up Throwing<br/>B) 150' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 150' (25 Throws)<br/>Step 10:A) Warm-up Throwing<br/>B) 150' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 150' (25 Throws)<br/>F) Rest 5-10 min.<br/>G) Warm-up Throwing<br/>H) 150' (25 Throws)</div>                                                                                                                                                                                                                                                                                                                  | <div>180' Phase</div> <div>Step 11: A) Warm-up Throwing<br/>B) 180' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 180' (25 Throws)<br/>Step 12: A) Warm-up Throwing<br/>B) 180' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 180' (25 Throws)<br/>F) Rest 5-10 min.<br/>G) Warm-up Throwing<br/>H) 180' (25 Throws)<br/><br/>Step 13: A) Warm-up Throwing<br/>B) 180' (25 Throws)<br/>C) Rest 5-10 min.<br/>D) Warm-up Throwing<br/>E) 180' (25 Throws)<br/>F) Rest 5-10 min.<br/>G) Warm-up Throwing<br/>H) 180' (20 Throws)<br/>I) Rest 5-10 min.<br/>J) Warm-up Throwing<br/>K) 15 throws<br/>progressing from<br/>120 → 90'<br/>Step 14: Return to respective<br/>position or progress to<br/>step 14 below.</div> |                                                                                                                                                                                                                                                                                                                                                          | <div>All throws should be on an arc with a crow-hop</div> <div>Warm-up throws consist of 10-20 throws at approximately 30 feet</div> <div>Throwing Program should be performed every other day, 3 times per week unless otherwise specified by your physician or rehabilitation specialist.</div> <div>Perform each step _____ times before progressing to next step.</div> |
| <div>Flat Ground Throwing for Baseball Pitchers</div> <div>Step 14:<br/>A) Warm-up Throwing<br/>B) Throw 60 ft. (10-15 throws)<br/>C) Throw 90 ft. (10 throws)<br/>D) Throw 120 ft. (10 throws)<br/>E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)</div> <div>Step 15:<br/>A) Warm-up Throwing<br/>B) Throw 60 ft. (10-15 throws)<br/>C) Throw 90 ft. (10 throws)<br/>D) Throw 120 ft. (10 throws)<br/>E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)<br/>F) Throw 60-90 ft. (10-15 throws)<br/>G) Throw 60 ft. (flat ground) using pitching mechanics (20 throws)</div> <div>Progress to Phase II – Throwing Off the Mound</div> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                             |

45 feet = 13.7 meters  
60 feet = 18.3 meters  
90 feet = 27.4 meters  
120 feet = 36.6 meters  
150 feet = 45.7 meters  
180 feet = 54.8 meters