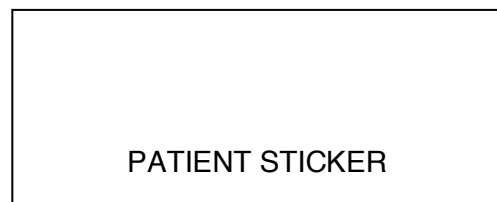


# INTERVAL THROWING PROGRAM



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

Each stage should be one week. If the pain occurs during any stage, back up to previous stage.

## PHASE I : LONG TOSS PROGRAM

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

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

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

- 120 ft. Stage
- a. Warm – up throwing
  - b. 120 ft. (25 throws)
  - c. Rest 15 minutes
  - d. Warm – up throwing
  - e. 120 ft. (25 throws)

- 150 ft. Stage
- a. Warm – up throwing
  - b. 150 ft. (25 throws)
  - c. Rest 15 minutes
  - d. Warm – up throwing
  - e. 150 ft. (25 throws)

- 180 ft. Stage
- a. Warm – up throwing
  - b. 180 ft. (25 throws)
  - c. Rest 15 minutes
  - d. Warm – up throwing
  - e. 180 ft. (25 throws)

Then begin throwing from mound or to respective position – See Phase II.

## **PHASE II : THROWING OFF THE MOUND**

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

### **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%

### **Stage II**

#### **Fastball ONLY**

- 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%

### **Stage III**

#### **Fastball ONLY**

- Step 7
  - a. 45 throws from mound 75%
  - b. 15 throws from mound 50%
- Step 8
  - a. 60 throws from mound 75%

### **Stage IV**

#### **Fastball ONLY**

- Step 9
  - a. 45 throws from mound 75%

- b. 15 throws from mound 50%
- 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 V**

- Step 12
  - a. 30 throws from mound 75% warm-up
  - b. 15 throws from mound; 50% breaking balls
  - c. 45-60 throws in batting practice 50% (Fastball ONLY)
- 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 75%
  - 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 stage as warm-up)

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