

Interval throwing Program¹

The 'Interval throwing Program' is a safe program to follow if you have had a shoulder injury or a long layoff from throwing competitively.

Throwers who are returning to throwing after injury to the shoulder should follow the interval-throwing program, exactly, on an every-other-day basis.

The criteria to progress from step to step are that the throwing session was pain free and there is no residual soreness the next day.

For throwers who are free of injury, but returning to throwing after a lay-off period, follow the interval-throwing program, on an every-other-day basis, without the rest periods.

You should use the 'crow-hop' method for each throw when performing the interval throwing session. The 'crow-hop' method consists of first a hop, then a skip, followed by the throw. This method helps simulate the throwing act, allowing emphasis on total body mechanics involved in the act of throwing. The path of the ball should be an arcing trajectory, not on a flat line trajectory. You should avoid throwing flat-footed to avoid placing excess stress on the throwing shoulder in your training program.

Interval Throwing Program

Phase I: Long Toss Program

45-foot Stage

- Step 1: a. Warm-up throwing
- b. 45 ft. (25 throws)
- c. Rest 15 minutes
- d. Warm-up throwing
- e. 45 ft. (25 throws)
- Step 2: a. Warm-up throwing
- b. 45 ft. (25 throws)
- c. Rest 10 minutes
- d. 45 ft. (25 throws)
- e. Rest 10 minutes
- f. 45 ft. (25 throws)

60-foot Stage

- Step 3: a. Warm-up throwing
- b. 60 ft. (25 throws)
- c. Rest 10 minutes
- d. Warm-up throwing
- e. 60 ft. (25 throws)
- Step 4: a. Warm-up throwing
- b. 60 ft. (25 throws)

- c. Rest 10 minutes
- d. Warm-up throwing
- e. 60 ft. (25 throws)
- f. Rest 10 minutes
- g. Warm-up throwing
- h. 60 ft. (25 throws)

90-foot Stage

- Step 5: a. Warm-up throwing
b. 90 ft. (25 throws)
c. Rest 15 minutes
d. Warm-up throwing
e. 90 ft. (25 throws)

- Step 6: a. Warm-up throwing
b. 90 ft. (25 throws)
c. Rest 10 minutes
d. 90 ft. (25 throws)
e. Warm-up throwing
f. Rest 10 minutes
g. Warm-up throwing
h. 90 ft. (25 throws)

120 –foot stage

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

- Step 8: a. Warm-up throwing
b. 120 ft. (25 throws)
c. Rest 10 minutes
d. Warm-up throwing
e. 120 ft (25 throws)
f. Rest 10 minutes
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 minutes
d. Warm-up throwing
e. 150 ft. (25 throws)
f. Rest 10 minutes
g. Warm-up throwing
h. 150 ft. (25 throws)

- Step 10: a. Warm-up throwing
b. 150 ft. (25 throws)
c. Rest 10 minutes
d. Warm-up throwing
e. 150 ft (25 throws)
f. Rest 10 minutes
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 minutes
d. Warm-up throwing
e. 180 ft. (25 throws)

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

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

- Step 14: Begin throwing off the pitcher's mound (see Interval Throwing Program, Phase II) or return to practice at your position.

Off-season Throwing Program

Following an off-season throwing program is recommended instead of total rest during the off-season. Continuing to throw at a sub-maximum level will help you avoid the total de-conditioning of your throwing mechanics, muscle timing, and coordination.

Continue to throw at a frequency of two times a week, following the following outline:

- a. Warm-up throwing
- f. 45 ft. (25 throws)
- g. 60 ft. (20 throws)
- h. 90 ft. (15 throws)
- i. 120 ft. (10 throws)

1. J Orthop Sports Phys Ther, Volume 32, Number 6, June 2002, pages 293-298.

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