



## **THROWING PROGRAM**

- **Throw on line, sub maximal, pain free / comfort zone**
- **Pay attention to mechanics**

### **Criteria for progression to the next level:**

- **No pain or stiffness when throwing**
- **No pain or stiffness after throwing**
- **All throwing should be effortless motion**
- **Every other day – may go to every 3<sup>rd</sup> day if fatigue/soreness persists**
- **Satisfactory response following 3 days of activity at each level**

### **45 FEET:**

First day

Warm-up throws at 20-45 feet

25 throws at 45 feet

1 set only

Rest next day

Warm-down throws

### **Level 2:**

Warm-up throws at 20-45 feet

25 throws at 45 feet

2 sets

Rest 10 minutes between sets

Warm-down throws

Throw on alternate days

### **60 FEET:**

#### **Level 1**

Warm-up throws at 20-60 feet

25 throws at 60 feet

2 sets

Rest 10 minutes between sets

Warm-down throws

Throw on alternate days

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Level 2

Warm-up throws at 20-60 feet  
25 throws at 60 feet  
3 sets  
Rest 5-10 minutes between sets  
Warm-down throws  
Throw on alternate days

**90 FEET:**

Level 1

Light warm-up throws at 20-90 feet  
25 throws at 90 feet  
2 sets  
Rest 10 minutes between sets  
Warm-down throws  
Throw on alternate days.

Level 2

Light warm-up throws at 20-90 feet  
25 throws at 90 feet  
3 sets  
Rest 5-10 minutes between sets  
Warm-down throws  
Throw on alternate days

**105 FEET:**

Level 1

Warm-up throws at 20-105 feet  
25 throws at 105 feet  
2 sets  
Rest 10 minutes between sets  
Warm-down throws  
Throw on alternate days.

Level 2

Warm-up throws at 20-105 feet  
25 throws at 105 feet  
3 sets  
Rest 5-10 minutes between sets  
Warm-down throws  
Throw on alternate days

**120 FEET “Hat drills”**

Level 1

Warm-up throws at 20-120 feet  
Hat drill throws at 120 feet (25 throws)  
2 sets  
Rest 10 minutes between sets  
Warm-down throws  
Throw on alternate days  
10 minute toss on off day

Level 2

Warm-up throws at 20-120 feet  
Hat drill throws at 120 feet (25 throws)  
3 sets  
Rest 5-10 minutes between sets  
Warm-down throws  
Begin flat ground pitching at 45 feet  
Throw on alternate days  
10 minute toss on off day

**MOUND PROGRAM:**

Fast Ball (FB), Change (CH), Breaking Ball (BrB), Bullpen/Batting Practice (BP)

**Level 1**

Warm-up throws at 20-120 feet  
1 set Hat drill throws at 120 feet                      25 throws  
Rest 10 minutes  
Throw from mount (FB only)                              25 throws  
50 foot throw – move catcher forward  
Warm-down throws  
Throw on alternate days  
10 minute toss on off day  
Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Thr/Off/Off

**Level 2**

Warm-up throws at 20-120 feet  
1 set Hat drill throws at 120 feet                      25 throws  
Rest 10 minutes  
Throw from mount (FB, CH: 1 of 5 CH)                      35 throws  
55 foot throw – move catcher forward  
Warm-down throws  
Throw on alternate days  
10 minute toss on off day  
Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Thr/Off/Off

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<b>Level 3</b>	Warm-up throws at 20-120 feet 1 set Hat drill throws at 120 feet Rest 10 minutes Throw from mount (FB, CH: 1 of 5 CH) 55 foot throw – move catcher forward Warm-down throws Throw on alternate days 10 minute toss on off day Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Thr/Off/Off	25 throws 40 throws
<b>Level 4</b>	Routine warm-up Short Bullpen (1 of 5 BrB) Routine warm-down 10 minute toss on off day Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off	8-10 minutes
<b>Level 5</b>	Routine warm-up Short Bullpen (1 of 5 BrB) Routine warm-down 10 minute toss on off day Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off	10-12 minutes
<b>Level 6</b>	Routine warm-up Full Bullpen Routine warm-down 10 minute toss on off day Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off	12-15 minutes
<b>Level 7</b>	Routine warm-up Short Batting Practice Routine warm-down 10 minute toss on off day Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off	8-10 minutes
<b>Level 8</b>	Routine warm-up Short Batting Practice Routine warm-down 10 minute toss on off day Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off	10-12 minutes
<b>Level 9</b>	Routine warm-up Batting Practice/Simulated Game Routine warm-down 10 minute toss on off day Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off	12-15 minutes



If the athlete does not experience pain or soreness while throwing, but experiences some soreness the following day and the soreness disappears after warm-up throwing, continue with the program at that step or phase. If the athlete experiences severe or chronic pain or soreness, he returns to the training room for more treatment and functional work. The athlete may need 1-2 days or more of rest and treatment before he returns to the throwing program. The athlete must be pain-free before he returns to the throwing program. If the athlete has been shut down from throwing for a period of time, he should drop back one to two phases or more in the throwing program from where he experienced pain.

### **Rehab Program**

The athlete should throw first, perform the Hitting Progression program second (if position player), rehab exercises third, and finally finish with the strength and conditioning program (with modifications per injury).

Based on:

- Duke Sports Medicine Protocols, Duke University, Durham, North Carolina.
- Reinold, M. Wilk, K. Reed, J. Crenshaw, K. Andrews, JR. Interval Sport Programs: Guidelines for Baseball, Tennis, and Golf. *Journal of Orthopedic & Sports Physical Therapy*. 32(6): 293-298.

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Reviewed. Reg B. Wilcox III, PT; 5/2016