

Baseball Pitcher Interval Throwing Program Protocol

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- Supervision by athletic trainer (ATC) or rehabilitation professional (PT)
- Perform step up to 3 times per day, with 1 day rest between sessions
- Advance steps every 2-3 throwing days if asymptomatic
- If shoulder/elbow becomes symptomatic/sore during session, stop and rest 2 days; upon returning regress to prior step in throwing program to restart
- If shoulder/elbow is symptomatic/sore for 60+ minutes after throwing or the subsequent day, rest 1 additional day between sessions and regress to prior step in throwing program to restart
- If shoulder/elbow is sore during warm up and/or first 15 throws, stop throwing and rest 2 additional days, and return to program at prior step in throwing program to restart

Warm up: Shoulder/Elbow stretches, 10-minute dynamic (ex: stationary bike, running), periscapular strengthening exercises to include high rep/low weight

Cool down: Ice shoulder/elbow for 15-20 minutes following each step

Phase 1: Start Throwing

Throws are at 50% effort

Perform 2-3 times with 1 day rest between

Step 1- Warm up throwing, 25 throws at 45 ft, 5-minute rest, Warm up throwing, 25 throws at 45 ft

Step 2- Warm up throwing, 25 throws at 60 ft, 5-minute rest, Warm up throwing, 25 throws at 60 ft

Step 3- Warm up throwing, 25 throws at 90 ft, 5-minute rest, Warm up throwing, 25 throws at 90 ft

Step 4- Warm up throwing, 25 throws off mound, 5-minute rest, Warm up throwing, 25 throws off mound

Step 5- Return to pitching

Phase 2: Fastballs

Crow-hop on all long tosses

Varying percentages are with regards to effort/intensity, not fastballs vs breaking balls

All throws are off the mound

Step 5- Warm up throwing, 15 throws (50%), 20 long tosses to 120 ft

Step 6- Warm up throwing, 20 throws (75%), 5-minute rest, 25 throws (75%), 20 long tosses 120 ft

Step 7- Warm up throwing, 30 throws (100%), 5-minute rest, 20 long tosses 120 ft

Step 8- Warm up throwing, 30 throws (100%), 5-minute rest, 25 throws (100%), 20 long tosses 120 ft

Step 9- Warm up throwing, 20 throws (75%), 5-minute rest, 25 throws (75%), 5-minute rest, 30 throws batting practice

Step 10- Warm up throwing, 45 throws (75%), 5-minute rest, 45 throws batting practice

Phase 3: Breaking Balls

Varying percentages are with regards to effort/intensity, not fastballs vs breaking balls

All throws are off the mound

Step 11- Warm up 30 throws (75%), 5-minute rest, 15 throws (50%) breaking balls, 5-minute rest, 30 throws fastballs only for batting practice

Step 12- Warm up 30 throws (75%), 5-minute rest, 30 throws (75%) breaking balls, 5-minute rest, 30 throws alternate fastballs and breaking balls for batting practice

Step 13- Warm up 30 throws (75%), 5-minute rest, 60-90 throws (100%) batting practice with ¼ of throws breaking balls

Step 14- Simulate game

Step 15- Return to unrestricted work-out regimen