

Long Term Interval Throwing Program

**Begin when protocol criteria are met, 4 1/2 – 5 months post-operatively with UCL recon and RTC repair

**Flat ground should begin at 50% intensity and gradually increase as phase 1 progresses.

**Throw every other day, 3 days a week. Warm up prior to throwing.

Step 1	10 @ 30 ft 25 @ 45 ft	Step 8	10 @ 45 ft 10 @ 60 ft 25 @ 75 ft
Step 2	10 @ 30 ft 10 @ 45 ft REST 5-10 minutes 10 @ 30 ft 25 @ 45 ft	<i>Repeat 2</i> <i>Days</i>	REST 10 minutes 10 @ 45 ft 10 @ 60 ft 25 @ 75 ft
Step 3	10 @ 30 ft 25 @ 45 ft REST 5-10 minutes 10 @ 30 ft 25 @ 45 ft REST 5-10 minutes 10 @ 30 ft 25 @ 45 ft	Step 9	10 @ 45 ft 10 @ 60 ft 25 @ 75 ft REST 10 minutes 10 @ 45 ft 10 @ 60-75 ft 25 @ 90 ft
Step 4	10 @ 30 ft 25 @ 45 ft REST 10 minutes 10 @ 30 ft 15 @ 45 ft 25 @ 60 ft	Step 10	10 @ 45 ft 10 @ 60-75 ft 25 @ 90 ft REST 10 minutes 10 @ 45 ft 10 @ 60-75 ft 25 @ 90 ft
Step 5	10 @ 45 ft 25 @ 60 ft REST 10 minutes 10 @ 45 ft 25 @ 60 ft	Step 11*	10 @ 45 ft 10 @ 60-75 ft 25 @ 90 ft REST 10 minutes 10 @ 45 ft 10 @ 60-75 ft 25 @ 90 ft
Step 6	10 @ 45 ft 25 @ 60 ft REST 10 minutes 10 @ 45 ft 25 @ 60 ft REST 10 minutes 10 @ 45 ft 25 @ 60 ft	<i>Repeat 3</i> <i>Days</i>	REST 10 minutes 10 @ 45 ft 10 @ 60-75 ft 25 @ 90 ft REST 10 minutes 10 @ 45 ft 10 @ 60-75 ft 25 @ 90 ft
Step 7	10 @ 45 ft 25 @ 60 ft REST 10 minutes 10 @ 45 ft 10 @ 60 ft 25 @ 75 ft	Step 12	10 @ 45 ft 10 @ 60-75ft 25 @ 90 ft REST 10 minutes 10 @ 60 ft 15 @ 75-90 ft 25 @ 105 ft

****Beginning with step 11- finish with a 10 throw
cool down with partner squatting at 60 ft flat
ground***

Step 13 10 @ 45-60 ft
15 @ 90 ft
25 @ 105 ft
REST 10 minutes
10 @ 45-60 ft
15 @ 90 ft
25 @ 105 ft

Step 14 10 @ 45-60 ft
15 @ 90 ft
Repeat 2
Days 25 @ 105 ft
REST 10 minutes
10 @ 45-60 ft
15 @ 90 ft
25 @ 105 ft
REST 10 minutes
10 @ 45-60 ft
15 @ 90 ft
25 @ 105 ft

Step 15 10 @ 45-60 ft
15 @ 90 ft
Repeat 2
Days 25 @ 105 ft
REST 10 minutes
10 @ 60 ft
15 @ 90-105 ft
25 @ 120 ft

Step 16 10 @ 60 ft
15 @ 90-105 ft
Repeat 2
Days 25 @ 120 ft
REST 10 minutes
10 @ 60 ft
15 @ 90-105 ft
25 @ 120 ft

Step 17 10 @ 60 ft
15 @ 90-105 ft
25 @ 120 ft
Repeat 6
Days REST 10 minutes
10 @ 60 ft
15 @ 90-105 ft
25 @ 120 ft
REST 10 minutes
10 @ 60 ft
15 @ 90-105 ft
25 @ 120 ft

****UCL Reconstructions – after repeating step 17 six times, progress to Phase 2 off the mound.**
****Rotator Cuff Repairs- progress with steps 18-20 then progress to Phase 2**

Step 18 Warm up throwing
25 @ 150 ft
15 @ 60 ft for mechanics

Step 19 Warm up throwing
25 @ 150 ft
REST 10 minutes
Warm up throwing
25 @ 150 ft
15 @ 60 ft for mechanics

Step 20 Warm up throwing
25 @ 150 ft
REST 10 minutes
Warm up throwing
25 @ 150 ft
15 @ 60 ft for mechanics
REST 10 minutes
Warm up throwing
25 @ 150 ft
15 @ 60 ft for mechanics

Phase 2 off the mound

- *Initially monitor intensity with a radar gun to assure safety
- *Warm up long toss to 120 ft before each step off the mound
- *May cool down post-mound with 10 throws flat ground @ 60 ft
- *Rest as need between throws – split throws into 1-2 sets

Step 1 Long toss
10 throws in front of the mound
15 throws off mound @ 50%

Step 2 Long toss
30 throws off the mound @ 50%

Step 3 Long toss
Repeat 2 45 throws off the mound @ 50%
Days

Step 4 Long toss
Repeat 2 60 throws off the mound @ 50%
Days

Step 5 Long toss
Repeat 2 30 throws off the mound @ 50%
Days 30 throws off the mound @ 75%

Step 6 Long toss
Repeat 2 15 throws off the mound @ 50%
Days 45 throws off the mound @ 75%

Step 7 Long toss
Repeat 2 50 throws off the mound @ 75 %
Days 10 throws off the mound @90-100 %

**Repeat steps 8-13 two times each with LONG TOSS SESSION IN BETWEEN
i.e. Monday-step 8, Wednesday- long toss, Friday- step 8, etc.**

Step 8 Long toss with 15 breaking balls
Repeat 2 flat ground (**45-60 feet only**)
days 45 throws @ 75% off mound
15 throws in BP @ 100%

Step 9 Long toss with 15 breaking balls
Repeat 2 flat ground (**45-60 feet only**)
days 45 throws @ 75% off mound
30 throws in BP @100%

Step 10 Long toss with 15 breaking balls
Repeat 2 flat ground (**45-60 feet only**)
Days 45 throws @ 75% off mound
45 throws in BP @ 100%

Repeat 2 30 fast balls & 15 breaking @ 50%
days 45-60 throws in BP-fast balls only

Step 12 Long toss warm up
Repeat 2 30 fast balls @ 100%
days 20 fast balls @100% in BP
20 breaking @ 75% in BP

Step 13 Long toss warm up
Repeat 2 30 fast balls @100%
days 25-40 fast balls @ 100% in BP
20 breaking @ 90-100% in BP

Step 14 Begin simulated game with 15-20
additional throws per session

Breaking balls off mound can begin when fast balls are at 90-100% pre-injury velocity as measured by radar gun or pitching coach. This should be no earlier than 9 months

Step 11 Long toss warm up