

Pitchers Throwing Program

1. Program begins 4 months post op
2. Always warm-up to throw by either biking and/or running.
3. Stretch after warming up
4. The number of throws for the warm up is a guideline.
The number may be adjusted more or less depending on the individual.
5. Absolutely no symptoms during or after throwing (Shorten distance if any symptoms are reported)
6. Cardiovascular training, core stabilization, and leg strengthening should be continued during throwing program.

Month 4		
Week 1		Throw 2 of 7 days
	<i>Throws</i>	<i>Distance</i>
Warm-Up	20	30 ft
	25	45 ft
Week 2		Throw 2 of 7 days
	<i>Throws</i>	<i>Distance</i>
Warm-Up	20	30 ft
	25	45 ft
	Rest 5 minutes	
Warm-Up	20	30 ft
	25	45 ft
Week 3		Throw 3 of 7 days
	<i>Throws</i>	<i>Distance</i>
Warm-Up	20	30 ft
	25	45 ft
	Rest 5 minutes	
Warm-Up	20	30 ft
	25	45 ft
	Rest 5 minutes	
Warm-Up	20	30 ft
	25	45 ft
Week 4		Throw 3 of 7 days
	<i>Throws</i>	<i>Distance</i>
Warm-Up	10	30 ft
	10	45 ft
	25	60 ft
	Rest 5 minutes	
Warm-Up	10	30 ft
	10	45 ft
	25	60 ft

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Month 6		
Week 1		Throw 4 of 7 days
	<i>Throws</i>	<i>Distance</i>
Warm-Up	5	30 ft
	5	45 ft
	5	60 ft
	5	75 ft
	25	90 ft
	Rest 5 minutes	
Warm-Up	5	30 ft
	5	45 ft
	5	60 ft
	5	75 ft
	25	90 ft
	Rest 5 minutes	
Warm-Up	5	30 ft
	5	45 ft
	5	60 ft
	5	75 ft
	25	90 ft
Week 2		Throw 4 of 7 days
	<i>Throws</i>	<i>Distance</i>
Warm-Up	5	45 ft
	5	60 ft
	5	75 ft
	5	90 ft
	25	105 ft
	Rest 5 minutes	
Warm-Up	5	45 ft
	5	60 ft
	5	75 ft
	5	90 ft
	25	105 ft

Month 6		
Week 3		Throw 4 of 7 days
	<i>Throws</i>	<i>Distance</i>
Warm-Up	5	45 ft
	5	60 ft
	5	75 ft
	5	90 ft
	25	105 ft
	Rest 5 minutes	
Warm-Up	5	45 ft
	5	60 ft
	5	75 ft
	5	90 ft
	25	105 ft
Week 4		Throw 5 of 7 days
	<i>Throws</i>	<i>Distance</i>
Warm-Up	5	60 ft
	5	75 ft
	5	90ft
	5	105 ft
	25	120 ft
	Rest 5 minutes	
Warm-Up	5	60 ft
	5	75 ft
	5	90 ft
	5	105 ft
	25	120 ft

PRE-MOUND WORK PHASE

- Focus on throwing the ball on a line at 90 ft.
- Use good release point.
- The last 3 minutes at 60 ft use to work on locating the ball.
- Hit the glove with every throw

Month 7		
Week 1		6 of 7 days
	<i>Time</i>	<i>Distance</i>
	3 min	60 ft
	3 min	90 ft
	3 min	60 ft
Week 2		6 of 7 days
	<i>Time</i>	<i>Distance</i>
	3 min	60 ft
	5 min	90 ft
	3 min	60 ft
Week 3		6 of 7 days
	<i>Time</i>	<i>Distance</i>
	3 min	60 f
	7 min	90 ft
	3 min	60 ft
Week 4		5 of 7 days
	<i>Time</i>	<i>Distance</i>
	3 min	60 ft
	10 min	90 ft
	3 min	60 ft

MOUND WORK PHASE
 During this phase you will begin mound work.

 You will do the regular pitcher's throwing program 6 days a week including flat ground work/hat drill.

Month 8		
Week 1		2 Times
	<i>Side Session/Bullpen</i>	<i>Pitches</i>
	Bottom of Mound	25 Fastballs
Week 2		2 Times
	<i>Side Session/Bullpen</i>	<i>Pitches</i>
	Middle of Mound	25 Fastballs
Week 3		2 Times
	<i>Side session/Bullpen</i>	<i>Pitches</i>
	Top of Mound/Rubber	25 Fastballs
Week 4		3 Times
	<i>Side Session/Bullpen</i>	<i>Pitches</i>
	Top of Mound/Rubber	20 Fastballs 10 Change Ups

Month 9		
Week 1		3 Times
	<i>Side Session/Bullpen</i>	<i>Pitches</i>
		25 Fastballs 10 Change Ups
Week 2		3 Times
	<i>Side Session/Bullpen</i>	<i>Pitches</i>
		20 Fastballs 5 Change Ups 5 Curve/Sliders
Week 3		3 Times
	<i>Side session/Bullpen</i>	<i>Pitches</i>
		20 Fastballs 10 Change Ups 10 Curve/Sliders
Week 4		3 Times
	<i>Normal Side Session/Bull pen</i>	

Months 10-11		
Week 1		2 times with 1 slide
	<i>Live Batting Practice</i>	<i>Pitches</i>
		20 Fastballs/Change Ups
Week 2		2 times with 1 side
	<i>Live Batting Practice</i>	<i>Pitches</i>
		15 Fastballs/Change Ups
	Sit 5 minutes	
		15 Fastballs/Change Ups
Week 3		2 times with 1 side
	<i>Live Batting Practice</i>	<i>Pitches</i>
		20 Pitches (Mixing all pitches)
Week 4		2 times with 1 slide
	<i>Live Batting Practice</i>	<i>Pitches</i>
		15 Pitches (Mixing all pitches)
	Sit 5 minutes	
		15 pitches (Mixing all pitches)

Month 12 - RETURN TO COMPETITION