



IDAHO SPORTS MEDICINE INSTITUTE

Pitchers Throwing Program

1. Program begins at 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 upon 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

	Throws	Distance
Warm-up	20	30ft
	25	45ft

Week 2 Throw 2 of 7 days

	Throws	Distance
Warm-up	20	30ft
	25	45ft
Rest 5 Minutes		
Warm-up	20	30ft
	25	45ft

Week 3 Throw 3 of 7 days

	Throws	Distance
Warm-up	20	30ft
	25	45ft
Rest 5 Minutes		
Warm-up	20	30ft
	25	45ft
Rest 5 Minutes		
Warm-up	20	30ft
	25	45ft

Week 4 Throw 3 of 7 days

	Throws	Distance
Warm-up	10	30ft
	10	45ft
	25	60ft
Rest 5 Minutes		
Warm-up	10	30ft
	10	45ft
	25	60ft

MONTH 5

Week 1 Throw 4 of 7 days

	Throws	Distance
Warm-up	10	30ft
	10	45ft
	25	60ft
Rest 5 Minutes		
Warm-up	10	30ft
	10	45ft
	25	60ft
Rest 5 Minutes		
Warm-up	10	30ft
	10	45ft
	25	60ft

Week 2 Throw 3 of 7 days

	Throws	Distance
Warm-up	7	30ft
	7	45ft
	7	60ft
	25	75ft
Rest 5 Minutes		
Warm-up	7	30ft
	7	45ft
	7	60ft
	25	75ft

Week 3 Throw 4 of 7 days

	Throws	Distance
Warm-up	7	30ft
	7	45ft
	7	60ft
	25	75ft
Rest 5 Minutes		
Warm-up	7	30ft
	7	45ft
	7	60ft
	25	75ft
Rest 5 Minutes		
Warm-up	7	30ft
	7	45ft
	7	60ft
	25	75ft

Week 4 Throw 3 of 7 days

	Throws	Distance
Warm-up	5	30ft
	5	45ft
	5	60ft
	5	75ft
	25	90ft
Rest 5 Minutes		
Warm-up	5	30ft
	5	45ft
	5	60ft
	5	75ft
	25	90ft

MONTH 6

Week 1 Throw 4 of 7 days

	Throws	Distance
Warm-up	5	30ft
	5	45ft
	5	60ft
	5	75ft
	25	90ft
Rest 5 Minutes		
Warm-up	5	30ft
	5	45ft
	5	60ft
	5	75ft
	25	90ft
Rest 5 Minutes		
Warm-up	5	30ft
	5	45ft
	5	60ft
	5	75ft
	25	90ft

Week 2 Throw 4 of 7 days

	Throws	Distance
Warm-up	5	45ft
	5	60ft
	5	75ft
	5	90ft
	25	105ft
Rest 5 Minutes		
Warm-up	5	45ft
	5	60ft
	5	75ft
	5	90ft
	25	105ft

Week 3 Throw 5 of 7 days

	Throws	Distance
Warm-up	5	45ft
	5	60ft
	5	75ft
	5	90ft
	25	105ft
Rest 5 Minutes		
Warm-up	5	45ft
	5	60ft
	5	75ft
	5	90ft
	25	105ft

Week 4 Throw 5 of 7 days

	Throws	Distance
Warm-up	5	60ft
	5	75ft
	5	90ft
	5	105ft
	25	120ft
Rest 5 Minutes		
Warm-up	5	60ft
	5	75ft
	5	90ft
	5	105ft
	25	120ft

PRE-MOUND WORK PHASE

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

MONTH 7

Week 1 6 of 7 days

Time	Distance
3min	60ft
3min	90ft
3min	60ft

Week 2 6 of 7 days

Time	Distance
3min	60ft
5min	90ft
3min	60ft

Week 3 6 of 7 days

Time	Distance
3min	60ft
7min	90ft
3min	60ft

Week 4 5 of 7 days

Time	Distance
3min	60ft
10min	90ft
3min	60ft

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

Side Session/Bullpen	Pitches
Bottom of Mound	25 Fastballs

Week 2 2 Times

Side Session/Bullpen	Pitches
Middle of Mound	25 Fastballs

Week 3 2 Times

Side Session/Bullpen	Pitches
Top of Mound/Rubber	25 Fastballs

Week 4 3 Times

Side Session/Bullpen	Pitches
Top of Mound/Rubber	20 Fastballs 10 Change Ups

MONTH 9

Week 1 3 Times

Side Session/Bullpen	Pitches
	25 Fastballs 10 Change Ups

Week 2 3 Times

Side Session/Bullpen	Pitches
	20 Fastballs 5 Change Ups 5 Curve/Sliders

Week 3 3 Times

Side Session/Bullpen	Pitches
	20 Fastballs 10 Change Ups 10 Curve/Sliders

Week 4 3 Times

Normal Side Session/Bullpen

MONTH 10-11

Week 1 2 times with 1 side

Live Batting Practice	Pitches
	20 Fastballs/Change Ups

Week 2 2 times with 1 side

Live Batting Practice	Pitches
	15 Fastballs/Change Ups
Sit 5 Minutes	
	15 Fastballs/Change Ups

Week 3 2 times with 1 side

Live Batting Practice	Pitches
	20 Pitches (Mixing all pitches)

Week 4 2 times with 1 side

Live Batting Practice	Pitches
	15 Pitches (Mixing all pitches)
Sit 5 Minutes	
	15 Pitches (Mixing all pitches)

MONTH 12 – RETURN TO COMPETITION