



William J. Robertson, MD
 TMI Sports Medicine
 3533 Matlock Rd
 Arlington, TX 76015
 Office: (817) 419-0303
 Fax: (817) 468-5963
www.billrobertsonmd.com
www.hipkneepreservation.com

Interval throwing program

The ‘Interval throwing Program’ is a safe program to follow if you have had a shoulder injury or a long layoff from throwing competitively. Throwers who are returning to throwing after injury to the shoulder should follow the interval-throwing program, on an every-other-day basis. The criteria to progress from step to step are that the throwing session was pain free and there is no residual soreness the next day. For throwers who are free of injury, but returning to throwing after a lay-off period, follow the interval-throwing program, on an every-other-day basis, without the rest periods.

You should use the ‘crow-hop’ method for each throw when performing the interval throwing session. The ‘crow-hop’ method consists of first a hop, then a skip, followed by the throw. This method helps simulate the throwing act, allowing emphasis on total body mechanics involved in the act of throwing. The path of the ball should be an arcing trajectory, not on a flat line trajectory. You should avoid throwing flat-footed to avoid placing excess stress on the throwing shoulder in your training program.

Phase I: Long Toss

45 - foot Stage	
Step 1: Warm-up throwing 45 ft. (25 throws) Rest 15 minutes Warm-up throwing 45 ft. (25 throws)	Step 2: Warm-up throwing 45 ft. (25 throws) Rest 10 minutes 45 ft. (25 throws) Rest 10 minutes 45 ft. (25 throws)

60 - foot Stage	
Step 3: Warm-up throwing 60 ft. (25 throws) Rest 10 minutes Warm-up throwing 60 ft. (25 throws)	Step 4: Warm-up throwing 60 ft. (25 throws) Rest 10 minutes Warm-up throwing 60 ft. (25 throws)

	Rest 10 minutes Warm-up throwing 60 ft. (25 throws)
--	---

90 - foot Stage	
Step 5: Warm-up throwing 90 ft. (25 throws) Rest 15 minutes Warm-up throwing 90 ft. (25 throws)	Step 6: Warm-up throwing 90 ft. (25 throws) Rest 10 minutes Warm-up throwing 90 ft. (25 throws) Rest 10 minutes Warm-up throwing 90 ft. (25 throws)

120 - foot Stage	
Step 7: Warm-up throwing 120 ft. (25 throws) Rest 15 minutes Warm-up throwing 120 ft. (25 throws)	Step 8: Warm-up throwing 120 ft. (25 throws) Rest 10 minutes Warm-up throwing 120 ft. (25 throws) Rest 10 minutes Warm-up throwing 120 ft. (25 throws)

150 - foot Stage	
Step 9: Warm-up throwing 150 ft. (25 throws) Rest 15 minutes Warm-up throwing 150 ft. (25 throws) Rest 15 minutes Warm-up throwing 150 ft. (25 throws)	Step 10: Warm-up throwing 150 ft. (25 throws) Rest 10 minutes Warm-up throwing 150 ft. (25 throws) Rest 15 minutes Warm-up throwing 150 ft. (25 throws)

180 - foot Stage	
<p>Step 11: Warm-up throwing 180 ft. (25 throws) Rest 15 minutes Warm-up throwing 180 ft. (25 throws)</p>	<p>Step 13: Warm-up throwing 180 ft. (25 throws) Rest 10 minutes Warm-up throwing 180 ft. (25 throws) Rest 10 minutes Warm-up throwing 180 ft. (25 throws)</p>
<p>Step 12: Warm-up throwing 180 ft. (25 throws) Rest 10 minutes Warm-up throwing 180 ft. (25 throws) Rest 10 minutes Warm-up throwing 180 ft. (25 throws)</p>	<p>Step 14: Begin throwing off of the pitcher's mound (see below) or return to practice at your position.</p>

Off-season Throwing Program

Following an off-season throwing program is recommended instead of total rest during the off-season. Continuing to throw at a sub-maximum level will help you avoid the de-conditioning of your throwing mechanics, muscle timing, and coordination. Throw at a frequency of two times a week, following this outline:

- Warm-up throwing
- 45 ft. (25 throws)
- 60 ft. (20 throws)
- 90 ft. (15 throws)
- 120 ft. (10 throws)

1. J Orthop Sports Phys Ther, Volume 32, Number 6, June 2002, pages 293-298.