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INTERVAL THROWING PROGRAM THROWING OFF THE MOUND PHASE II

(Adapted from HealthSouth©)

After the completion of Phase I of the Interval Throwing Program (ITP) and the athlete can throw 180 feet 50 times without pain, he will be ready for throwing off the mound or return to their respective position. At this point, full strength and confidence should be restored in the athlete's arm. Just as the advancement to this point has been gradual and progressive, the return to unrestricted throwing must follow the same principles. A pitcher should first throw only fast balls at 50%, progressing to 75% and 100%. At this time, he may start more stressful pitches such as breaking balls. The position player should simulate a game situation, again progressing at 50-75%. Once again, if an athlete has increased pain, particularly at the joint, the throwing program should be backed off and readvanced as tolerated, under the direction of the rehabilitation team.

Summary: In using the Interval Throwing Program (ITP) in conjunction with a structured rehabilitation program, the athlete should be able to return to full competition status, minimizing any chance of re-injury. The program and its progression should be modified to meet the specific needs of each individual athlete. A comprehensive program consisting of a maintenance strength and flexibility program, appropriate warm-up and cool-down procedures, proper pitching mechanics, and progressive throwing and batting will assist the baseball player in returning safely to competition.

STAGE ONE: FASTBALL ONLY

Step 1:	Interval Throwing 15 Throws off mound - 50%	(Use Interval Throwing to 120' Phase as warm-up)
Step 2:	Interval Throwing 30 Throws off mound - 50%	
Step 3:	Interval Throwing 45 Throws off mound - 50%	ALL THROWING OFF THE MOUND SHOULD BE DONE IN THE PRESENCE OF YOUR PITCHING COACH TO STRESS PROPER THROWING MECHANICS
Step 4:	Interval Throwing 50 Throws off mound - 50%	
Step 5:	Interval Throwing 30 Throws off mound - 50%	(Use Speed Gun to aid in effort control)
Step 6:	30 Throws off mound - 75% 45 Throws off mound - 50%	
Step 7:	45 Throws off mound - 75% 15 Throws off mound - 50%	

Step 8: 60 Throws off mound - 75%

STAGE TWO: FASTBALLS ONLY

Step 9: 45 Throws off mound - 75%

15 Throws in Batting Practice

Step 10: 45 Throws off mound - 75%

30 Throws in Batting Practice

Step 11: 45 Throws off mound - 75%

45 Throws in Batting Practice

STAGE THREE

Step 12: 30 Throws off mound - 75% - WARM-UP

15 Throws off mound - 50% - BREAKING BALLS

45-60 Throws in Batting Practice (FASTBALL ONLY)

Step 13: 30 Throws off mound - 75%

30 Breaking Balls - 75%

30 Throws in Batting Practice

Step 14: 30 Throws off mound - 75%

60-90 Throws in Batting Practice - 25% Breaking Balls

Step 15: SIMULATED GAME: PROGRESSING BY 15 THROWS PER WORKOUT