



**ORTHOPAEDIC SPECIALISTS OF NORTH CAROLINA**

Orthopaedic Surgery Sports Medicine Physical Medicine & Rehabilitation Spine Care Joint Replacement

**INTERVAL THROWING PROGRAM FOR BASEBALL PLAYERS:  
PHASE I – SHORT TO LONG TOSS**

45' Phase	60' Phase	90' Phase	120' Phase
<p><b>150' Phase</b></p> <p>Step 9: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws)</p> <p>Step 10: A) Warm-up Throwing B) 150' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 150' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 150' (25 Throws)</p>	<p><b>180' Phase</b></p> <p>Step 11: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws)</p> <p>Step 12: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (25 Throws)</p>	<p>Step 13: A) Warm-up Throwing B) 180' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 180' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 180' (20 Throws) I) Rest 5-10 min. J) Warm-up Throwing K) 15 throws     progressing from     120 → 90'</p> <p>Step 14: Return to respective position or progress to step 14 below.</p>	<p><b>All throws should be on an arc with a crow-hop</b></p> <p><b>Warm-up throws consist of 10-20 throws at approximately 30 feet</b></p> <p><b>Throwing Program should be performed every other day, 3 times per week unless otherwise specified by your physician or rehabilitation specialist.</b></p> <p><b>Perform each step _____ times before progressing to next step.</b></p>
<p style="text-align: center;"><b>Flat Ground Throwing for Baseball Pitchers</b></p> <p>Step 14: A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws)</p> <p>Step 15: A) Warm-up Throwing B) Throw 60 ft. (10-15 throws) C) Throw 90 ft. (10 throws) D) Throw 120 ft. (10 throws) E) Throw 60 ft. (flat ground) using pitching mechanics (20-30 throws) F) Throw 60-90 ft. (10-15 throws) G) Throw 60 ft. (flat ground) using pitching mechanics (20 throws)</p> <p style="text-align: center;"><b>Progress to Phase II – Throwing Off the Mound</b></p>			

- 45 feet = 13.7 meters
- 60 feet = 18.3 meters
- 90 feet = 27.4 meters
- 120 feet = 36.6 meters
- 150 feet = 45.7 meters
- 180 feet = 54.8 meters

**ADAPTED FROM:**

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