

TABLE 7-4. INTERVAL THROWING PROGRAM: PHASE II—THROWING OFF THE MOUND

STAGE ONE: FASTBALLS ONLY:	<i>Use Interval Throwing 120 ft (36.6 m) phase as warm-up.</i>	Step 10: 50–60 Throws off mound 75%
Step 1: Interval throwing 15 Throws off mound 50% ^a		30 Throws in batting practice
Step 2: Interval throwing 30 Throws off mound 50%		Step 11: 45–50 Throws off mound 75%
Step 3: Interval throwing 45 Throws off mound 50%		45 Throws in batting practice
Step 4: Interval throwing 60 Throws off mound 50%		STAGE THREE
Step 5: Interval throwing 70 Throws off mound 50%		Step 12: 30 Throws off mound 75% warm-up
Step 6: 45 Throws off mound 50%		15 Throws off mound 50% BEGIN BREAKING BALLS
Step 7: 30 Throws off mound 50%		45–60 Throws in batting practice (fastball only)
Step 8: 10 Throws off mound 50%		Step 13: 30 Throws off mound 75%
Step 9: 60 Throws off mound 75%		30 Breaking balls 75%
Step 9: 60 Throws off mound 75%		30 Throws in batting practice
Step 9: 60 Throws off mound 75%		Step 14: 30 Throws off mound 75%
Step 9: 60 Throws off mound 75%		60–90 Throws in batting practice (gradually increase breaking balls)
Step 9: 60 Throws off mound 75%		Step 15: Simulated game: progressing by 15 throws per workout (pitch count)
Step 9: 60 Throws off mound 75%		All throwing off the mound should be done in the presence of the pitching coach or sport biomechanist to stress proper throwing mechanics
Step 9: 60 Throws off mound 75%		(Use speed gun to aid in effort control.)

^aPercentage effort.

TABLE 7-5. REHABILITATION PROGRAM COMMONLY USED FOR OVERHEAD ATHLETES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Throwers 10*	LE strengthening	Throwers 10	LE strengthening	Throwers 10	LE strengthening	Light ROM
Plyometrics	Cardiovascular	Plyometrics	Cardiovascular	Plyometrics	Cardiovascular	
Neuromuscular control drills	Core stability	Neuromuscular control drills	Core stability	Neuromuscular control drills	Core stability	
Stretching	Stretching	Stretching	Stretching	Stretching	Stretching	Stretching
ISP	Posterior RTC/scapula strengthening ^b	ISP	Posterior RTC/scapula strengthening ^a	ISP	Posterior RTC/scapula strengthening ^a	

^aConsists of a set of specific exercises designed to increase strength and flexibility of the upper extremity.^{7,10,11}

^bStrengthening of the posterior rotator cuff and scapular muscles are incorporated on alternating days during the early phases of rehabilitation. As the overhead athlete progresses to more of a maintenance program, these exercises are discontinued on these days.

ISP, Interval sport program; LE, lower extremity; ROM, range of motion; RTC, rotator cuff.

TABLE 7-6. SIX CRITERIA TO INITIATE AN INTERVAL THROWING PROGRAM

1. Appropriate healing time
2. No pain or tenderness
3. Sufficient range of motion and flexibility
4. Satisfactory clinical examination
5. Adequate muscular strength (isokinetic)
6. Appropriate rehabilitation progression