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

<p>STAGE ONE: FASTBALLS ONLY: Step 1: Interval throwing 15 Throws off mound 50%^a Step 2: Interval throwing 30 Throws off mound 50% Step 3: Interval throwing 45 Throws off mound 50% Step 4: Interval throwing 60 Throws off mound 50% Step 5: Interval throwing 70 Throws off mound 50% Step 6: 45 Throws off mound 50% 30 Throws off mound 75% Step 7: 30 Throws off mound 50% 45 Throws off mound 75% Step 8: 10 Throws off mound 50% 65 Throws off mound 75% STAGE TWO: FASTBALLS ONLY Step 9: 60 Throws off mound 75% 15 Throws in batting practice</p>	<p><i>Use Interval Throwing 120 ft (36.6 m) phase as warm-up.</i></p>	<p>Step 10: 50–60 Throws off mound 75% 30 Throws in batting practice Step 11: 45–50 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% BEGIN 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 (gradually increase breaking balls) Step 15: Simulated game: progressing by 15 throws per workout (pitch count) All throwing off the mound should be done in the presence of the pitching coach or sport biomechanist to stress proper throwing mechanics (Use speed gun to aid in effort control.)</p>
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^aPercentage effort.

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

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

^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