



Town Center

ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

PHONE: 703-435-6604

The interval throwing program is designed so that the athlete can achieve his or her individual level of throwing safely and without pain or complication. The ITP should be supplemented with a weight training program and a flexibility program to maintain the athlete in top physical condition. Weight training should be done on a throwing day and should emphasize high repetition with low weight as a maintenance program for the athlete. The athlete should be throwing every other day and using the day between for flexibility and rest. This program has been set up to minimize the risk for re-injury and emphasize pre-throwing warm-up, stretching, and proper body mechanics, and the importance of weight training with the throwing athlete.

Baseline requirements of throwing include:

1. Clearance by the athlete's physician
2. Pain-free ROM
3. Adequate muscle power
4. Adequate muscle resistance to fatigue

Guidelines

1. Allow one day or rest between throwing sessions
2. Perform interval throwing program before engaging in strengthening routine
3. The athlete must complete two or three sessions at each step without complications before advancing

The athlete should warm-up by jogging, biking, or jumping rope to increase blood flow and increase muscular flexibility. Following warm-up, stretching should be performed. Emphasis should be placed on proper throwing and body mechanics. The athlete should begin with warm up throws.

During the recovery process the athlete may experience soreness and possibly a dull, aching, sensation in the muscles and tendons. If the athlete experiences sharp pain, particularly in the joint, stop all throwing activity until the pain ceases and call the athlete's physician if the pain continues.

It is essential that the throwing complete each individual phase with the proper throwing and body mechanics and without an increase in pain. Once the phase has been completed, the athlete then progresses to the next phase. This sets up a progression that an individual goal is achieved prior to advancement instead of advancing at a specified time. The program is based on an individual thrower, and because all throwers will vary, there is no time for completion of the program. This progression greatly decreases the chance for re-injury and greatly increases the most adequate and safest route to return to competition.

<p><u>PHASE I: 10 yards</u></p> <p>STEP I</p> <ul style="list-style-type: none"> • Warm up throwing • 10 yds, 25 throws • Rest 15 minutes • Warm up throwing • 10 yds, 25 throws 	<p><u>PHASE II: 20 yards</u></p> <p>STEP I</p> <ul style="list-style-type: none"> • Warm up throwing • 20 yds, 25 throws • Rest 15 minutes • Warm up throwing • 20 yds, 25 throws 	<p><u>PHASE III: 30 Yards</u></p> <p>STEP I</p> <ul style="list-style-type: none"> • Warm up throwing • 30 yds, 15 throws • Rest 15 minutes • Warm up throwing • 30 yds, 15 throws
<p>STEP II</p> <ul style="list-style-type: none"> • Warm up throwing • 10 yds, 25 throws • Rest 10 minutes • Warm up throwing • 10 yds, 25 throws • Rest 10 minutes • Warm up throwing • 10 yds, 25 throws 	<p>STEP II</p> <ul style="list-style-type: none"> • Warm up throwing • 20 yds, 25 throws • Rest 10 minutes • Warm up throwing • 20 yds, 25 throws • Rest 10 minutes • Warm up throwing • 20 yds, 25 throws 	<p>STEP II</p> <ul style="list-style-type: none"> • Warm up throwing • 30 yds, 15 throws • Rest 10 minutes • Warm up throwing • 30 yds, 15 throws • Rest 10 minutes • Warm up throwing • 30 yds, 15 throws

<p><u>PHASE IV: 40 Yards</u></p> <p>STEP I</p> <ul style="list-style-type: none"> • Warm up throwing • 40 yds, 15 throws • Rest 15 minutes • Warm up throwing • 40 yds, 15 throws 	<p><u>PHASE V: 50 YARDS</u></p> <p>STEP I</p> <ul style="list-style-type: none"> • Warm up throwing • 50 yds, 10 throws • Rest 15 minutes • Warm up throwing • 50 yds, 10 throws 	<p><u>PHASE VI: DEEP PASSING</u></p> <p>STEP I</p> <ul style="list-style-type: none"> • Warm up throwing • Deep route, 10 throws • Rest 15 minutes • Warm up throwing • Deep route, 10 throws
<p>STEP II</p> <ul style="list-style-type: none"> • Warm up throwing • 40 yds, 15 throws • Rest 10 minutes • Warm up throwing • 40 yds, 15 throws • Rest 10 minutes • Warm up throwing • 40 yds, 15 throws 	<p>STEP II</p> <ul style="list-style-type: none"> • Warm up throwing • 50 yds, 10 throws • Rest 10 minutes • Warm up throwing • 50 yds, 10 throws • Rest 10 minutes • Warm up throwing • 50 yds, 10 throws 	<p>STEP II</p> <ul style="list-style-type: none"> • Warm up throwing • Deep route, 10 throws • Rest 10 minutes • Warm up throwing • Deep route, 10 throws • Rest 10 minutes • Warm up throwing • Deep route, 10 throws

*Adapted From Dr. Walter Lowe