

ZONE Performance Baseball - Interval Throwing Program

Professional, College and High School Athletes

PHASE 1 – Return To Throwing		PHASE 2 – Return to Pitching (flat ground - FG)		PHASE 3 – Intensified Pitching (mound - M)	
Level 1	WU toss to 45': 5x20',5x30',5x45' 30' 3x10 (50% intensity) Long toss to 45' 1x10	Level 13	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) 15*/20*/20*/15* (75%) Long toss to 150' 1x20-25	Level 18	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(75%)*, FB 20(100%)*, FB 10(75%)*, FB 15(100%)*, FB 20(75%)* Long toss to 150' 1x20-25
Level 2	WU toss to 60': 5x30',5x45',5x60' 30' 3x15 (50% intensity) Long toss to 60' 1x10	Level 14	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) 20*/20*/20*/20* (75%) Long toss to 150' 1x20-25	Level 19	Active Rest WU toss to 120': 5x60',5x90',5x105',5x120' 90' (FG) throws 20*/20*/20*/20* Long toss to 150' 1x20-25
Level 3	WU toss to 75': 5x45',5x60',5x75' 45' 3x15 (50% intensity) Long toss to 75' 1x10-15	Level 15	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) FB 20*/20*/20*/20* (50%) 60'6" (FG) throws 20*(75%) Long toss to 90' 1x10-15	Level 20	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(75%)*, FB 20(100%)*, 5 offspeed*, FB 15(100%), 5 offspeed*, FB 20(100%), 5 offspeed* PFP's Long toss to 150' 1x20-25
Level 4	WU toss to 90': 5x45',5x60',5x75',5x90' 60' 3x15 (50-75% intensity) Long toss to 90' 1x10-15	Level 16	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) FB 20(50%)*, FB 20(75%)* 60'6" (FG) FB 20(50%)*, FB 15(75%)* 60'6" (FG) throws 25(75%)* Long toss to 150' 1x20-25	Level 21	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(100%)*, FB 15(100%), 5 offspeed 5 pickoff throws to 1 st FB 20(100%), 5 offspeed* FB 20(100%), 5 offspeed* Long toss to 150' 1x20-25
Level 5	WU toss to 105': 5x60',5x75',5x90',5x105' 75' 3x15 (50-75% intensity) Long toss to 105' 1x15	Level 17	WU toss to 120': 5x60',5x90',5x105',5x120' 60'6" (FG) fastballs 25(50%)* 60'6" (FG) fastballs 20*/20*/20*/20*(75%) Long toss to 150' 1x20-25	Level 22	WU toss to 120': 5x60',5x90',5x105',5x120' FB 15(100%), 5 offspeed* FB 15(100%),3 pickoff throws to 1 st * FB 20(100%), 5 offspeed* FB 15(100%),3 pickoff throws to 2 nd * FB 15(100%), 5 offspeed* Long toss to 150' 1x20-25
Level 6	WU toss to 120': 5x60',5x90',5x105',5x120' 90' 3x15 (50-75% intensity) Long toss to 120' 1x15	<p>SORENESS RULES:</p> <p>If no soreness, advance level each assigned day.</p> <p>If sore during warm-up but soreness gone within first 15 throws, repeat the previous workout level. If becomes sore during this workout, stop and take 2 days off. Upon returning to throwing, drop down one level.</p> <p>If sore more than one hour after throwing, or the next day, take one day off then repeat the most recent throwing workout level.</p> <p>If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon returning to throwing, drop down one level.</p> <p>Guide for Rest Between Throwing Sets: Level 1-4: 4-5 min Level 5-7: 5-7 min Level 8-12: 7-9 min (plus 5-10 WU throws 60-90') PHASE 2 & 3: 7-9min</p> <p>Suggested Throwing Levels to Complete: Infielders/Catchers complete up to 7-10 Outfielders complete up to 8-12 Pitchers complete up to 8-12 prior to Phase 2</p>		Level 23	Active Rest Repeat Level 19
Level 7	WU toss to 120': 5x60',5x90',5x105',5x120' 105' 3x15 (75-90% intensity) Long toss to 120' 1x20			Level 24	WU toss to 120': 5x60',5x90',5x105',5x120' FB 20(100%), 5 offspeed* FB 20(100%), 3 pickoff throws to 1 st * FB 20(100%), 3 pickoff throws to 2 nd * FB 15(100%), 5 offspeed* FB 15(100%), 5 offspeed* Long toss to 150' 1x20-25
Level 8	WU toss to 120': 5x60',5x90',5x105',5x120' 120' 3x15 (75-90% intensity) Long toss to 150' 1x15			Level 25	Thorough WU Batting Practice 100-120 pitches PFP's
Level 9	WU toss to 120': 5x60',5x90',5x105',5x120' 120' 3x20 (75-90% intensity) Long toss to 150' 1x20			Level 26	Simulated Game Thorough/regular warm-up routine Innings: starters 5-8,relievers 3-5,closer 2-3 15-20 pitches/inning, including 10-15 FB 8-10min rest between innings
Level 10	WU toss to 120': 5x60',5x90',5x105',5x120' 150' 3x15 (75-90% intensity) 180' 1x15				
Level 11	WU toss to 120': 5x60',5x90',5x105',5x120' 150' 3x20 (75-90% intensity) 180' 1x15				
Level 12	WU toss to 120': 5x60',5x90',5x105',5x120' 180' 15/20/20 (75-90% intensity) 180-200' 1x15 120' down to 90' 1x15				
<p>GUIDELINES:</p> <ul style="list-style-type: none"> - Throwing/pitching sessions should be performed 3x/wk allowing a non-throwing recovery day between sessions, unless otherwise instructed. - Each throwing session must be preceded by a thorough dynamic warm-up movement prep series - Proper nutrition, hydration, rest/recovery, and sleep quantity/quality are key factors in optimal performance and injury prevention. 					

GENERAL CONSIDERATIONS:

It is important to note that just as each athlete is an individual, each rehab program and each training program is also individualized. There is no "one-size-fits-all" throwing program. As such, the ITP is a flexible, data-based framework that allows for refinement and selection of progressions, allowing it to be tailored to the needs of the individual player. Gradual progression is critical, however the rate of progression will depend on several factors including: athlete prior throwing/pitching history, injury/procedure/surgery specific to the athlete; proper athlete preparation prior to initiating the ITP; how quickly an athlete adapts to and masters each level; how symptoms present themselves during the ITP; and others. Note, it is not uncommon to have some mild symptoms during the progression. Recognize that you may need to take an extra day off at some point during the ITP (see "soreness rules" included on the ITP). Proper individual throwing/pitching mechanics must be emphasized throughout the program, and when/where available, observation/video by an athlete's coach is highly recommended. The objective is to return each athlete to the game, more physically prepared and more mechanically sound, than prior to injury.

Adapted from: Michael Axe MD, Wendy Hurd PT & Lynn Snyder-Mackler PT, University of Delaware, Newark, DE. "Data-Based Interval Throwing Programs for Baseball Players"; James Andrews MD, American Sports Medicine Institute, Birmingham, AL. "Interval Throwing Program for Baseball Players"; Kevin Wilk PT, Champion Sports Medicine, Birmingham, AL. "Interval Throwing Program for Baseball Players"; Walt Lowe, MD, Memorial Hermann Sports Medicine Institute, Houston, TX. "Interval Throwing Program – Baseball Players"; Steadman-Hawkins Clinic, Denver, CO. "Interval Throwing Program for Pitchers"