

DR. SAFRAN'S

INTERVAL THROWING PROGRAM FOR BASEBALL PLAYERS:

Phase I

<p>45' Phase</p> <p>Step 1: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws)</p> <p>Step 2: A) Warm-up Throwing B) 45' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 45' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 45' (25 Throws)</p>	<p>60' Phase</p> <p>Step 3: A) Warm-up Throwing B) 60'(25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25Throws)</p> <p>Step 4: A) Warm-up Throwing B) 60' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 60' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 60' (25 Throws)</p>	<p>90' Phase</p> <p>Step 5: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws)</p> <p>Step 6: A) Warm-up Throwing B) 90' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 90' (25 Throws) F) Rest 5-10 min. G) Warm-up Throwing H) 90' (25 Throws)</p>	<p>120' Phase</p> <p>Step 7: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws)</p> <p>Step 8: A) Warm-up Throwing B) 120' (25 Throws) C) Rest 5-10 min. D) Warm-up Throwing E) 120' (25 Throws) F) Rest 5-10 min. G) Warm-up throwing H) 120' (25 Throws)</p>
<p>150' Phase</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>180' Phase</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>All throws should be on an arc with a crow-hop</p> <p>Warm-up throws consist of 10-20 throws at approximately 30 feet</p> <p>Throwing Program should be performed every other day, 3 times per week unless otherwise specified by your physician or rehabilitation specialist.</p> <p>Perform each step _____ times before progressing to next step.</p>
<p>Flat Ground Throwing for Baseball Pitchers</p> <p>Step 14:</p> <p>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:</p> <p>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>Progress to Phase II – Throwing Off the Mound</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



INTERVAL THROWING PROGRAM: PHASE II –

THROWING OFF THE MOUND

STAGE ONE: FASTBALLS ONLY

- Step 1: Interval Throwing
15 Throws off mound 50%*
- 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%

Use Interval Throwing 120ft (36.6m) Phase as warm-up

ALL THROWING OFF THE MOUND SHOULD BE

DONE IN THE PRESENCE OF YOUR PITCHING
COACH OR SPORT BIOMECHANIST TO
STRESS PROPER THROWING MECHANICS

(Use speed gun to aid in effort control)

STAGE TWO: FASTBALLS ONLY

- Step 9: 60 Throws off mound 75%
15 Throws in Batting Practice
- 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)

* Percentage effort