

## Interval Throwing Program

The interval throwing program (ITP) is designed to gradually return motion, strength, and confidence in the throwing arm after injury. It is performed under the supervision of the rehabilitation team. Baseline requirements for throwing include pain-free range-of-motion, adequate muscle power, and adequate muscle resistance to fatigue. There is no set timetable for completion of the program; however, it is recommended to follow the program rigidly.

The athlete should supplement the ITP with a high repetition, low weight exercise program. This will not increase throwing velocity, but will increase resistance to fatigue and injury. This should be done after throwing on the same day, using the day in between for flexibility exercises. Other important aspects include a warm up period (break light sweat), stretching all muscle groups, maintenance of proper throwing mechanics.

### Little League Throwing Program

1. Warmup by breaking a sweat and stretching the shoulder
  - a. Begin with 3-5 throws at 10 feet, increase 10-15 feet every 3-5 throws until long toss distance reached
2. Start throwing program (each phase has short toss, 15 minutes rest, and a long toss component)
3. Continue with strengthening exercises (dumbbells, bands, isometrics)
4. End with shoulder stretches and ice for 20 minutes
5. Soreness rules
  - a. If sore more than one hour after throwing or next day, take 1 day off and repeat most recent throwing workout
  - b. If sore during warmup but gone within 15 throws, repeat most recent workout
    - i. If shoulder/elbow becomes sore during workout, take 2 days off
    - ii. Upon return to throwing, drop down one phase
  - c. If no soreness, advance one phase every throwing day; do not advance more than two phases per week
6. Off season maintenance program:
  - a. Throw 2-3 times per week at phase VII or VIII with at least 1 day rest between workouts
7. In Season:
  - a. Day 0-game
  - b. Day 1-Throw phase III
  - c. Day 2-Throw phase VII
  - d. Day 3-Throw phase IV
8. After injury (when cleared by physician), begin with phase I and take 2-3 days rest between sessions and advance as soreness rules allow