

# THROWING PROGRAM GUIDELINE

## RETURN FROM INJURY

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Phases	Distance of throws (feet)	½ kneeling	Crow-hop or slide-step	Pitching motion from mound or mound distance	Intensity or maximum effort
I	15-30	5-10 throws (15 feet)	5-10 throws (20-40 feet)	No throws	50% (light)
II	30-50	5-10 throws (20-30 feet)	5-10 throws (40-60 feet)	5-10 throws	50%-75% (light-mod)
III	50-80	5-10 throws (20-30 feet)	5-15 throws at (60-80 feet)	10-15 throws	75% (mod)
IV	80-150+	5-10 throws (20-40 feet)	5-10 throws at (60-150 feet) On a line	40-60 throws Add off-speed pitches	75%-90% (mod-high)
V	90-150+	5 throws (40-60 feet)	5-10 throws (90-150 feet) On a line	Alternate 5 fastballs and 5 off speed pitches for a total of 60 pitches	75-100% (mod-high)
VII	Batting practice pitching 60 to 100 pitches				
VII	Simulated game: 50 to 100 pitches with gradual increase in velocity. 2. 5-7 innings 3. 20-25 pitches per inning including 10-15 fastballs. 4. 6 minutes rest between innings.				