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Interval Throwing Program: Phase II **Starting Throwing Off the Pitcher's Mound**

Stage 1: Fastball Only

Step 1: a. Interval throwing
b. 15 throws off mound 50%

Step 2: a. Interval throwing
b. 30 throws off mound 50%

Step 3: a. Interval throwing
b. 45 throws off mound 50%

Step 4: a. Interval throwing
b. 60 throws off mound 50%

Step 5: a. Interval throwing
b. 30 throws off mound 75%

Step 6: a. 30 throws off mound 75%
b. 45 throws off mound 50%

Step 7: a. 45 throws off mound 75%
b. 15 throws off mound 50%

Step 8: a. 60 throws off mound 75%

Stage 2: Fastball Only

Step 9: a. 45 throws off mound 75 %
b. 15 throws in Batting Practice
c.

Step 10: a. 45 throws off mound 75%
b. 30 throws in Batting Practice

Step 11: a. 45 throw off mound 75%
b. 45 throws in Batting Practice

Stage 3:

Step 12: a. 30 throws off mound 75% warm-u
b. 15 throws off mound breaking ball
c. 45-60 throws in batting practice
fastball only

Step 13: a. 30 throws off mound 75%
b. 30 breaking balls 75%
c. 30 throws in Batting Practice

Step 14: a. 30 throws off mound 75%
b. 60-90 throws in Batting Practice
25% breaking balls.

Step 15: Simulated Game progressing by 15
throws per workout. Use interval
to 120 ft. phase as warm-up. All
throwing off the mound should be
done in the presence of the pitching
coach to stress proper throwing
mechanics.

Always do a full body warm up and stretch all muscle groups before throwing. Do 10 throws at each distance of 45, 60, 90 and 120 as the Interval throwing component in steps 1-5 and to warm-up before steps 6-15. Cool-down by stretching all muscle groups when finished throwing.