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INTERVAL THROWING PROGRAM

Each day that you go out to throw is a test. You **MUST** pass the test in order to go on the next day. To pass the test, you must be pain free while throwing and immediately after throwing. If you experience pain while throwing, you **MUST STOP IMMEDIATELY**. If you fail a test, you must rest one day and retake the test you failed. There are built in rest days to this program. Don't think that numbers have been skipped. Always apply ice to the affected area when you are finished throwing for 15 to 20 minutes.

Day / Week	Intensity of Throwing	Distance	Time
1	Easy Throwing	30-40 feet	3 minutes
2	"	30-50 "	4 "
4	"	30-60 "	5 "
5	"	30-70 "	5 "
7	"	30-90 "	6 "
8	"	30-110 "	7 "
10	"	30-120 "	6 "
	$\frac{1}{2}$ speed	40-50 "	1 "
3	Easy Throwing	30-120 "	6 "
	$\frac{1}{2}$ speed	40-70 "	3 "
5	Easy Throwing	30-120 "	6 "
	$\frac{1}{2}$ speed	40-90 "	4 "
	$\frac{3}{4}$ speed	50-60 "	1 "
7	Easy Throwing	30-120 "	5 "
	$\frac{1}{2}$ speed	40-100 "	3 "
	$\frac{3}{4}$ speed	50-60 "	2 "
	full speed	60 "	4 times
9	Easy Throwing	30-120 "	5 "
	$\frac{1}{2}$ speed	40-100 "	3 "
	$\frac{3}{4}$ speed	50-60 "	2 "
	full speed	60 "	2 "
11	Easy Throwing	30-100 "	4 "
	$\frac{1}{2}$ speed	40-100 "	2 "
	$\frac{3}{4}$ speed	50-60 "	2 "
	full speed	60 "	5 "

When you have completed the 14th day, you may begin to pitch in game situations. This needs to be limited; 25 pitches in the first game and no more than 40 pitches in the second game