



Stanford
HEALTH CARE

STANFORD MEDICINE

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Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed. Each stage should be one week. If the pain occurs during any stage, back up to previous stage.

PHASE I : LONG TOSS PROGRAM

45 ft. Stage

- Warm – up throwing
- 45 ft. (25 throws)
- Rest 15 minutes
- Warm – up throwing
- 45 ft. (25 throws)

60 ft. Stage

- Warm – up throwing
- 60 ft. (25 throws)
- Rest 15 minutes
- Warm – up throwing
- 60 ft. (25 throws)

90 ft. Stage

- Warm – up throwing
- 90 ft. (25 throws)
- Rest 15 minutes
- Warm – up throwing
- 90 ft. (25 throws)

120 ft. Stage

- Warm – up throwing
- 120 ft. (25 throws)
- Rest 15 minutes
- Warm – up throwing
- 120 ft. (25 throws)

150 ft. Stage

- Warm – up throwing
- 150 ft. (25 throws)
- Rest 15 minutes
- Warm – up throwing
- 150 ft. (25 throws)

180 ft. Stage

- Warm – up throwing
- 180 ft. (25 throws)
- Rest 15 minutes
- Warm – up throwing
- 180 ft. (25 throws)

Then begin throwing from mound or to respective position – See Phase II.

PHASE II : THROWING OFF THE MOUND

Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

Stage I

Fastball ONLY

- Step 1
 - a. Interval throwing
 - b. 15 throws from mound 50%
- Step 2
 - a. Interval throwing
 - b. 30 throws from mound 50%
- Step 3
 - a. Interval throwing
 - b. 45 throws from mound 50%

Stage II

Fastball ONLY

- Step 4
 - a. Interval throwing
 - b. 60 throws from mound 50%
- Step 5
 - a. Interval throwing
 - b. 30 throws from mound 75%
- Step 6
 - a. 30 throws from mound 75%
 - b. 45 throws from mound 50%

Stage III

Fastball ONLY

- Step 7
 - a. 45 throws from mound 75%
 - b. 15 throws from mound 50%
- Step 8
 - a. 60 throws from mound 75%

Stage IV

Fastball ONLY

- Step 9
 - a. 45 throws from mound 75%
 - b. 15 throws from mound 50%
- Step 10
 - a. 45 throws from mound 75%
 - b. 30 throws in batting practice
- Step 11
 - a. 45 throws from mound 75%
 - b. 45 throws in batting practice

Stage V

- Step 12
 - a. 30 throws from mound 75% warm-up.
 - b. 15 throws from mound; 50% breaking balls
 - c. 45-60 throws in batting practice 50% (Fastball ONLY)
- Step 13
 - a. 30 throws from mound 75%
 - b. 30 breaking balls 75%
 - c. 30 throws in batting practice
- Step 14
 - a. 30 throws from mound 75%
 - b. 60-90 throws in batting practice; 25% breaking balls
- Step 15
 - Simulated game progressing by 15 throws per work-out.
(Use interval throwing to 120 ft stage as warm-up)

All throwing off the mound should be done in the presence of your pitching coach to stress proper throwing mechanics.
(Use speed gun to aid in effort control)