

45' Phase	60' & 75' Phase	90' & 120' Phase	Throwing off the Mound
Step 1: <i>crow-hop method @ 60% effort</i> a. Warm up throwing b. 45' (25 throws) c. Rest 3-5 min d. Warm up throwing e. 45' (25 throws)	Step 5: <i>crow-hop method @ 60% effort</i> a. Warm up throwing b. 60' (25 throws) c. Rest 3-5 min d. 60' (25 throws) e. Warm up throwing f. 75' (25 throws)	Step 9: <i>crow-hop method @ 60% effort</i> a. 60' (10 throws); 75' if needed b. 90' (5-7 throws) c. 120' (15 throws) d. Rest 3-5 min e. 60' (5-7 throws); 75' if needed f. 90' (5-7 throws) g. 120' (15 throws)	<i>(use step 9 as warm up) ***</i> <u>Stage 1: fastballs only</u> Step 1: interval throwing 15 throws off mound 50% Step 2: interval throwing 30 throws off mound 50% Step 3 interval throwing 45 throws off mound 50% Step 4: interval throwing 45 throws off mound 50% Step 5: interval throwing 70 throws off mound 50% Step 6: 45 throws off mound 50% 30 throws off mound 75% Step 7: 30 throws off mound 50% 45 throws off mound 75% Step 8: 65 throws off mound 75% 10 throws off mound 50% <u>Stage 2: fastballs only</u> Step 9: 60 throws off mound 75% 15 throws in batting practice Step 10: 50-60 throws off mound 75% 30 throws in batting practice <i>Successful completion of the entire program should be achieved by pitchers before progressing to game situations</i> Wilk, K. E., Bagwell, M. S., Davies, G. J., & Arrigo, C. A. (2020). Return to sport participation criteria following shoulder injury: A clinical commentary. <i>International Journal of Sports Physical Therapy</i> , 15(4), 624.
Step 2: <i>crow-hop method @ 60% effort</i> a. Warm up throwing b. 45' (25 throws) c. Rest 3-5 min d. Warm up throwing e. 45' (25 throws) f. Rest 3-5 min g. Warm up throwing h. 45' (25 throws)	Step 6: <i>crow-hop method @ 60% effort</i> a. Warm up throwing b. 60' (25 throws) c. Rest 3-5 min d. Warm up throwing e. 75' (25 throws) f. Rest 3-5 min g. Warm up throwing h. 75' (25 throws)	Step 10: <i>crow-hop method @ 60% effort</i> a. 60' (5 throws); 75' if needed b. 90' (10 throws) c. 120' (15 throws) d. Rest 3- 5 min e. 60' (5-7 throws); 75' if needed f. 90' (10 throws) g. 120' (15 throws) h. Rest 3-5 min i. 60' (5 throws) j. 90' (10 throws) k. 120' (15 throws)	
60' Phase	75' & 90' Phase	Flat ground throwing	
Step 3: <i>crow-hop method @ 60% effort</i> a. Warm up throwing b. 60' (25 throws) c. Rest 3-5 min d. Warm up throwing e. 60' (25 throws)	Step 7: <i>crow-hop method @ 60% effort</i> a. 60' (10 throws) b. 75' (5-7 throws) c. 90' (15 – 20 throws) d. Rest 3-5 min e. 60' (10 throws) f. 75' (5-7 throws) g. 90' (20 throws)	Step 11: a. 60' (10-15 throws) b. 75' (5-10 throws) c. 90' (10 throws) d. 120 (10 throws) e. Using pitching mechanics – 60' (20-30 throws) <i>Pitchers should advance through steps 11 and 12 at an intensity of 70-75% before they begin to throw off the mound.</i>	
Step 4: <i>crow-hop method @ 60% effort</i> a. Warm up throwing b. 60' (25 throws) c. Rest 3-5 min d. Warm up throwing e. 60' (25 throws) f. Rest 3-5 min g. Warm up throwing h. 60' (25 throws)	Step 8: <i>crow-hop method @ 60% effort</i> a. 60' (10 throws) b. 75' (5-7 throws) c. 90' (18 throws) d. Rest 3-5 min e. 60' (7 throws) f. 75' (7-10 throws) g. 90' (18 throws) h. Rest 3-5 min i. 60' (7 throws) j. 90' (18 throws)	Step 12: a. 60' (10-15 throws) b. 75' (5-10 throws) c. 90' (10 throws) d. 120' (10 throws) e. Using pitching mechanics – 60' (20-30 throws) f. Rest 3-5 min g. 60-90 ft 910-15 throws) h. Using pitching mechanics 60' (20 throws)	