

Baseball Pitcher Mound Progression

***If a radar gun is available, we recommend using one to determine appropriate intensity based on pre-injury velocity if known.*

***Program based on a starting pitcher. Modify volume as needed for relievers/closers.*

Phase	Step	Criteria for Progression
Stage 1 – Fastballs Only, 50-75% effort	Day 1	15 throws
	Day 2	30 throws
	Day 3	45 throws
	Day 4	60 throws
	Day 5	30 throws
	Day 6	30 throws 75 % 45 throws 50%
	Day 7	45 throws, 75% 15 throws 50%
	Day 8	60 throws, 75%
Stage 2 – Fastballs Only, 75%	Day 9	45 throws 15 throws in BP
	Day 10	45 throws 30 throws in BP
	Day 11	45 throws 45 throws in BP
Stage 3- Fastballs/Breaking Balls, Progressing to Game Simulation	Day 12	30 throws, 75% 15 throws, 50% effort breaking balls 45-60 throws in BP, fastball only
	Day 13	30 throws, 75% 30 breaking balls, 75% 30 throws in BP
	Day 14	30 throws, 75% 60-90 throws in BP, 25% volume breaking balls Simulated Game

****Rest 5-10 minutes between sets**

Guidelines:

1. Warm-up prior to throwing with jogging or other activities to develop a light sweat
2. Interval throwing of up to 30 throws to 120' prior to taking the mound, recommend slide step or crow hop
3. Perform any prescribed mobility/flexibility exercises as prescribed by your physical therapist/athletic trainer.
4. Do your resistance training workouts as prescribed by your physical therapist/athletic trainer and continue arm care program.

Soreness Rules

If no soreness, advance one step every throwing day
If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down one step
If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout
If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down one step

Program adapted from Dr. Walter Lowe