



## **INTERVAL MOUND PROGRAM**

**Progress to this program following completion of the Interval Throwing Program  
(as determined by the Physician or Therapist)**

### **Warm Up**

**Prior to throwing: Warm-up for 5-10 minutes (jog).**

**Stretch per instructions.**

**Rest 5 minutes between sets when throwing.**

**Always play long toss first before pitching from mound**

<b>Phase</b>	<b>Date</b>	<b>Days</b>	<b>Long toss</b>	<b>Mound</b>	<b>Throwing Instructions</b>
1		S M T W T F S	15' to ft	25	Fast balls
2		S M T W T F S	12' to ft	2x25	Fast balls, change-ups only
3		S M T W T F S	8' to ft	3x25	Can start to spin curve balls
4		S M T W T F S	5' to ft	4x25	Throw all pitches

**Do rehabilitation program on non-throwing days**

**ICE for 15 minutes following throwing program**

### **Other instructions:**

### **Return to Pitching Mound and Interval Mound Program**

**Progression between phases is dependent on problem or surgery**

Non-surgical problem - progress through stages perhaps in 4 weeks

Minor surgery progress - through stages perhaps in 4-6 weeks

Major surgery / reconstruction - progress through phases over 2-3 months