

## Little League Throwing Progression

The purpose of the throwing progression is to **gradually** allow the athlete to increase the intensity of throwing while minimizing the chance of re-injury. This program allows a variation among positions and the athletes injury status. The athlete can move from one level to the next as long as no pain occurs. The little league interval throwing program parallels the interval throwing program in returning the little leaguer to a graduated progression of throwing distances. If pain occurs, the throwing progression should be backed-off, then resumed as able.

Appropriate stretching and strengthening exercises should be used in addition to the throwing progression. Proper throwing mechanics must be maintained as the athlete advances. For all warm-up throwing listed in steps 1 through 8, begin at the initial distance and move gradually back to the workout distance as the arm loosens up.

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| <p><b>A. 30 Foot Phase</b></p> <p><b>Week 1</b> (50% intensity)<br/>20 throws at 30 feet<br/>Ice</p>   | <p>Perform <u>3</u> x week at <u>50</u>% intensity</p> <p><b>Week 2</b> (50% intensity)<br/>15 throws at 30 feet<br/>Rest 5 minutes<br/>15 throws at 30 feet<br/>Ice</p>  |
| <p><b>B. 45 Foot Phase</b></p> <p><b>Week 3</b> (50-60% intensity)<br/>Warm-up 15 throws at 30 feet<br/>15 throws at 45 feet<br/>Ice</p>                               | <p>Perform <u>3</u> x week at <u>50-60</u>% intensity</p> <p><b>Week 4</b> (50-60% intensity)<br/>Warm-up 10 throws at 30 feet<br/>10 throws at 45 feet<br/>Rest 5 minutes<br/>10 throws at 30 feet<br/>10 throws at 45 feet<br/>Ice</p>  |
| <p><b>C. 60 Foot Phase</b></p> <p><b>Week 5</b> (60-70% Intensity)<br/><br/>Warm-up 15 throws at 30 feet<br/>15 throws at 45 feet<br/>15 throws at 60 feet<br/>Ice</p> | <p>Perform <u>3</u> x week at <u>60-70</u>% intensity</p> <p><b>Week 6</b> (60-70% Intensity)<br/><br/>Warm-up 15 throws at 30 feet<br/>10 throws at 45 feet<br/>10 throws at 60 feet<br/>Rest 5 minutes<br/>10 throws at 30 feet<br/>10 throws at 45 feet<br/>10 throws at 60 feet<br/>Ice</p> |

If you have any questions regarding your exercises, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist \_\_\_\_\_ Ext: \_\_\_\_\_

- D. 75 Foot Phase** Perform 3 x week at 75-85 % intensity
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| <b>Week 7 (75-85% Intensity)</b><br>Warm-up 10 throws at 30 feet<br>10 throws at 45 feet<br>10 throws at 60 feet<br>15 throws at 75 feet<br>Ice | <b>Week 8 (75-85%)</b><br>Warm-up 10 throws at 30-45 feet<br>10 throws at 45-60 feet<br>15 throws at 60-75 feet<br>Rest 5 minutes<br>10 throws at 30-45 feet<br>10 throws at 45-60 feet<br>10 throws at 60-75 feet<br>Ice |
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- E. 90 Foot Phase** Perform 3 x week at intensity according to week
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| <b>Week 9 (85-90% Intensity)</b><br>Warm-up throwing gradually<br>15-20 throws at 30-60 feet<br>15 throws at 60-75 feet<br>15 throws at 75-90 feet<br>Ice   | <b>Week 10 (90-100% Intensity)</b><br>Warm-up throwing gradually<br>15-20 throws at 30-60 feet<br>15 throws at 60-75 feet<br>15 throws at 75-90 feet<br>10 throws at 90 feet<br>Ice |
| <b>Week 11 (100% Intensity)</b><br>Warm-up gradually<br>10 throws at 30-60 feet<br>10 throws at 60-75 feet<br>10 throws at 75-90 feet<br>10 throws at 90 feet<br>Rest 5 minutes<br>10 throws at 30-60 feet<br>10 throws at 60-75 feet<br>10 throws at 75-90 feet<br>10 throws at 90 feet<br>Ice |   |

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