



RETURN TO MOUND PITCH PROGRESSION

The purpose of the Mound Pitching progression is to **gradually** allow the athlete to increase the intensity and number of pitches while minimizing the chance of re-occurrence of injury. The athlete **must** follow the intensity and number of pitches closely to properly recondition the arm and entire body for the rigors of pitching. Pitching is quite stressful on the body, even more so than throwing due to both intensity and number of repetitions.

PITCHING Specific Program:

- **Full body warm-up and body preparation is crucial to throwing.**
- ***Warm-up to throw, Don't throw to warm-up.***
- **Throw on line, sub maximal, pain free / comfort zone during warm-up**
- **Pay attention to mechanics. How an athlete throws is more important than how much or how hard they throw. If the quality of pitching mechanics on the mound is not known, consult with a knowledgeable healthcare provider. Coaches can be good resources but not all are aware of injury implications with pitching mechanics.**
- **Pitching mechanics should be assessed on the mound, even if flat ground mechanics were satisfactory.**
- **Your ATC or PT may give the athlete drills for corrections of mechanical faults or exercises for other areas of the body prior to initiation of the pitching progression but after the throwing program is completed. These need to be done successfully in order to minimize injury re-occurrence and injury to other areas as throwing stress returns.**
- **Flat ground pitching mechanics and tolerance need to be achieved before transitioning to the mound.**
- **Use ice after throwing to reduce cellular damage and decrease the inflammatory response to microtrauma, especially if the injury is post-surgical.**
- **COMPLETION OF THE FLAT GROUND PROGRESSION IS REQUIRED PRIOR TO BEGINNING THIS PHASE UNLESS SPECIFIED BY YOUR HEALTHCARE PROVIDER.**

MOUND PROGRAM:

Fast Ball (FB), Change (CH), Breaking Ball (BrB), Bullpen/Batting Practice (BP)

Day 1 Warm-up throws at 20-120 feet

Flat Ground	1 set throws at 120 feet	25 throws
	Rest 5-10 minutes	
	Flat ground pitching (FB only)	25 throws
	Light Intensity	



- Day 2** Off - Arm care exercises, no throwing. Monitor arm recovery/symptoms.
- Day 3** Warm-up throws at 20-120 feet
Flat Ground 1 set throws at 120 feet 25 throws
Rest 5-10 minutes
Flat ground pitching (FB only) 25-40 throws
Warm-down throws
- Day 4** Off (may long toss or 20-25 throws), arm care. Monitor recovery/symptoms.
Flat Ground
- Day 5** Off completely
- Day 6** Routine warm-up
Flat Ground Flat ground pitching (FB only) 15-20 pitches light intensity,
5 min rest
15-20 pitches medium intensity
Warm-down throws
- Day 7** Off (may long toss or 20-25 throws), arm care. Monitor recovery/symptoms.
- Day 8** Routine warm-up
Flat ground Flat ground pitching (FB only) 20-25 pitches light intensity,
5 min rest
20-25 pitches medium intensity
Warm-down throws
- Day 9** Off completely
- Day 10** Routine Pre-game warm-up
Flat ground Flat ground pitching 20-25 FB med. intensity,
Warm-down throws 20-25 CU med. intensity mixed in
5 min rest after 20-25
- Day 11** Off (may long toss or 20-25 throws), arm care. Monitor recovery/symptoms.
- Day 12** Off completely. Arm care/weights ok.



Day 13	Routine Pre-game warm-up Flat ground pitching	20-25 FB med-high intensity, 20-25 ea. CU/BB mixed in at med intensity, 5 min rest after each 20-25
	Warm-down throws	
Day 14	Off completely	
Day 15	Routine Pre-game warm-up Mound pitching fast balls only	2 sets of 20-25 light-medium intensity with 5 min. rest between
	Warm-down and arm care	
Day 16	Off (may long toss or 20-25 throws), arm care. Monitor recovery/symptoms.	
Day 17	Routine Pre-game warm-up Mound pitching fast balls only	2 sets of 20-25 light-medium intensity with 5 min. rest between
	Warm-down and arm care	
Day 18	Off (may long toss or 20-25 throws), arm care. Monitor recovery/symptoms.	
Day 19	Routine Pre-game warm-up Mound pitching fast balls Change-ups Fast balls	1 set of 20-25 medium intensity, 1 set 20-25 medium intensity, 1 set 20-25 high intensity, 5 min rest between each
	Warm-down and arm care	
Day 20	Off (may throw lightly up to 90 feet for 10-15 minutes)	
Day 21	Routine Pre-game warm-up Mound pitching fast balls Change-ups Breaking balls	10 med, 10 med-high, 10 high inten., 1 set 10 medium intensity, 1 set 10 medium intensity, 5 min rest between each
	Warm-down and arm care	



- Day 22** Off (may throw lightly up to 90 feet for 10-15 minutes)
- Day 23** Routine Pre-game warm-up
Mound Mound pitching fast balls 15 high intensity,
Change-ups 10 high intensity,
Breaking balls 10 medium intensity,
1 set straight through, can mix
Warm-down and arm care
- Day 24** Off (may throw lightly up to 90 feet for 10-15 minutes)
- Day 25** Routine Pre-game warm-up
Mound Mound pitching fast balls 10 high intensity,
Change-ups 10 high intensity,
Breaking balls 10 high intensity,
Fastballs 10 high intensity
1 set straight through
Warm-down and arm care
- Day 26** Off (may throw lightly up to 120 feet for 10-15 minutes)
- Day 27** Off if under 14 years old, 15 and over perform routine Pre-game warm-up
Mound 2 sets of 25 pitches with mix of all pitches at high intensity, 5-10 rest per set.
Warm-down and arm care
- Day 28** Off (may throw lightly up to 120 feet for 10-15 minutes)
- Day 29** Routine Pre-game warm-up
Mound 2 sets of 25-30 pitches with mix of all pitches at high intensity to live batter 5-10
rest per set.
Warm-down and arm care
- Day 30** Off completely, arm care and recovery.
- Day 31** Simulated game of 2-3 innings with max of 50 pitches.
Warm-down and arm care.



Day 32 Off. Begin normal recovery schedule for 50 pitch outing.

Day 33 No mound work, continue normal recovery schedule.

Day 34 In-game outing with pitch count restriction of 45 for 14 and under, 55 for 15 years old and over. Single inning pitch count of 25 for all pitchers.
Warm-down and arm care.

2 or more days with normal recovery schedule for number of pitches thrown.

At this time normal pitching can resume with an increase of 1 inning per week per outing. Rest schedule should follow USA Baseball’s Pitch Smart calculations for pitch count and player age. Players who also catch should consider games caught the same as games pitched. No player should play pitcher and catcher in the same game or the same day.

Any pain that arises from pitching should be completely eliminated before pitching the next outing regardless of the prescribed days off. If pain persists, consult your trusted medical provider.



AGE	DAILY MAX PITCHES	REQUIRED REST (PITCHES)				
		0 Days	1 Days	2 Days	3 Days	4 Days
7-8	50	1-20	21-35	36-50	N/A	N/A
9-10	75	1-20	21-35	36-50	51-65	66+
11-12	85	1-20	21-35	36-50	51-65	66+
13-14	95	1-20	21-35	36-50	51-65	66+
15-16	95	1-30	31-45	46-60	61-75	76+
17-18	105	1-30	31-45	46-60	61-75	76+