

Pitchers' Throwing Program JOBE AND SCHWAB

- Step 3 • Continue to increase throwing distance while still tossing the ball with an easy wind-up.

Number of Throws	Distance (feet)
10	20 (warm-up)
10	30 to 40
30 to 40	50 to 60
10	30 (cool-down)

- Step 4 • Increase throwing distance to maximum of 60 feet.
• Continue tossing the ball with an occasional throw at no more than half speed.

Number of Throws	Distance (feet)
10	30 (warm-up)
10	40 to 45
30 to 40	60 to 70
10	30 (cool-down)

- Step 5 • Gradually increase distance to a maximum of 150 feet.

Phase 5-1

Number of Throws	Distance (feet)
10	40 (warm-up)
10	50 to 60
15 to 20	70 to 80
10	50 to 60
10	40 (cool-down)

Phase 5-2

Number of Throws	Distance (feet)
10	40 (warm-up)
10	50 to 60
20 to 30	80 to 90
20	50 to 60
10	40 (cool-down)

Phase 5-3

Number of Throws	Distance (feet)
10	40 (warm-up)
10	60
15 to 20	100 to 110
20	60
10	40 (cool-down)

Phase 5-4

Number of Throws	Distance (feet)
10	40 (warm-up)
10	60
15 to 20	120 to 150
20	60
10	40 (cool-down)

- Step 6 • Progress to throwing off the mound.
• Try to use proper body mechanics, especially when throwing off the mound:
Stay on top of the ball.
Keep the elbow up.
• Throw over the top.
Follow through with the arm and trunk.
Use the legs to push.

Phase 6-1

Number of Throws	Distance (feet)
10	60 (warm-up)
10	120 to 150 (lobbing)
30	45 (off the mound)
10	60 (off the mound)
10	40 (cool-down)

Phase 6-2

Number of Throws	Distance (feet)
10	50 (warm-up)
10	120 to 150 (lobbing)
20	45 (off the mound)
20	60 (off the mound)
10	40 (cool-down)

Phase 6-3

Number of Throws	Distance (feet)
10	50 (warm-up)
10	60
10	120 to 150 (lobbing)
10	45 (off the mound)
30	60 (off the mound)
10	40 (cool-down)

Phase 6-4

Number of Throws	Distance (feet)
10	50 (warm-up)
10	120 to 150 (lobbing)
10	45 (off the mound)
40 to 50	60 (off the mound)
10	40 (cool-down)

If phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately $\frac{3}{4}$ speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest period between innings.

REHABILITATION PROTOCOL

Pitchers' Throwing Program JOBE AND SCHWAB

- Step 1
- Toss the ball (no wind-up) against a wall on alternate days.
 - Start with 25 to 30 throws, build up to 70 throws and gradually increase throwing distance.

Number of Throws	Distance (feet)
20	20 (warm-up)
25 to 40	30 to 40
10	20 (cool-down)

- Step 2
- Toss the ball (playing catch with easy wind up) on alternate days.

Number of Throws	Distance (feet)
10	20 (warm-up)
10	30 to 40
30 to 40	50
10	20 to 30 (cool-down)

Continued

Step 7 Up/Down Bullpens (½ to ¾ speed)

Day 1

Number of Throws	Distance (feet)
10 warm-up throws	120 to 150 (lobbing)
10 warm-up throws	60 (off the mound)
40 pitches	60 (off the mound)
<i>Rest 10 minutes</i>	
20 pitches	60 (off the mound)

Day 2—Off

Day 3

Number of Throws	Distance (feet)
10 warm-up throws	120 to 150 (lobbing)
10 warm-up throws	60 (off the mound)
30 pitches	60 (off the mound)
<i>Rest 10 minutes</i>	
10 warm-up throws	60 (off the mound)
20 pitches	60 (off the mound)
<i>Rest 10 minutes</i>	
10 warm-up throws	60 (off the mound)
20 pitches	60 (off the mound)

Day 4—Off

Day 5

Number of Throws	Distance (feet)
10 warm-up throws	120 to 150 (lobbing)
10 warm-up throws	60 (off the mound)
30 pitches	60 (off the mound)
<i>Rest 8 minutes</i>	
20 pitches	60 (off the mound)
<i>Rest 8 minutes</i>	
20 pitches	60 (off the mound)
<i>Rest 8 minutes</i>	
20 pitches	60 (off the mound)

The pitcher is now ready to begin a normal routine, from throwing batting practice to pitching in the bullpen. The trainer or physical therapist can and should adjust this program as needed. Each step may take more or less time than listed, and the the trainer, physical therapist, and physician should monitor the program. The pitcher should work hard, but should not overdo it.