

Phase 1

Distance: 25 feet
Number of throws per set: 15, 15, 20
Rest between throws/sets: 12 seconds/six to eight minutes Intensity: 50% maximum, light tosses

Phase 2

Distance: 40 feet
Number of throws per set: 15, 15, 20
Rest between throws/sets: 12 seconds/six to eight minutes Intensity: 50% maximum, light tosses

Phase 3

Distance: 50 feet
Number of throws per set: 15, 20, 20
Rest between throws/sets: 12 seconds/six to eight minutes Intensity: 70% maximum, light tosses

Phase 4

Distance: 60'6"
Number of throws per set: 20, 20, 25
Rest between throws/sets: 12 seconds/six to eight minutes Intensity: 75% maximum, light tosses

Phase 5 Long

Distance: 90 feet (80% of target distance)
Number of throws per set: 15, 15, 15
Intensity: 50% maximum

Phase 6

Distance: 60'6"
Number of throws per set 20, 20, 25
Rest between throws/sets: 12 seconds/six to eight minutes Intensity: 3/4 speed, from mound

Phase 7 Long

Distance: 120 feet (100% of target distance)
Number of throws per set: 20, 20, 20
Intensity: Full as tolerated

Phase 8

Distance: 60'6"
Number of throws per set: 25, 30, 30
Rest between throws/sets: 12 seconds/six to eight minutes Intensity: Full speed, from mound

Phase 9

Pitch simulated game

Adapted from Axe, MJ et al, AJSM 1996, 24(5):594-602.

- "Target Distance" refers to a percentage of the maximum distance that the player may accurately throw a ball. Percentages of the maximum distance thrown when healthy are used for rehab and conditioning purposes to avoid excessive strain. The ball must also be thrown within a specified target area of 20 to 30 feet wide; the distance is set according to the phase of the program. We believe that a target distance of 120 feet for adolescents and 180 feet for adults is an appropriate target distance to begin with.
- Phases should be completed and repeated before moving forward at each level.
- Note: At no time should pain occur during the throwing program. Athletes that experience pain should stop immediately and begin the program again at the previous pain or consult their coach, trainer, or physician for evaluation.