



## RETURN TO SPORT PROTOCOLS

### MOUND THROWING PROGRAM

#### BASIC GUIDELINES

1. Throwing is performed every other day.
2. Pre-throwing and post-throwing exercises must be performed. This includes proper warm-up with soft toss and stretching.
3. Throw at prescribed level of maximum effort noted for each step.
4. Emphasize proper throwing mechanics.
5. Each STEP should be repeated TWO times before advancing.
6. Ice for 20 minutes after throwing.
7. If pain occurs during any step, shut down for 3-5 days. Use ibuprofen or Aleve. Resume throwing by backing up to previous step.

#### STAGE 1: FASTBALL / CHANGE-UP ONLY

**Step 1:** a. Interval Throwing  
b. 15 throws from mound 50%

**Step 2:** a. Interval Throwing  
b. 30 throws from mound 50%

**Step 3:** a. Interval Throwing  
b. 45 throws from mound 50%

**Step 4:** a. Interval Throwing  
b. 60 throws from mound 50%

**Step 5:** a. Interval Throwing  
b. 30 throws from mound 75%

**Step 6:** a. 30 throws from mound 75%  
b. 45 throws from mound 50%

**Step 7:** a. 45 throws from mound 75%  
b. 15 throws from mound 75%

**Step 8:** a. 60 throws from mound 75%

#### STAGE 2: FASTBALL / CHANGE-UP / BP

**Step 9:** a. 45 throws from mound 75%  
b. 15 throws in batting practice

**Step 10:** a. 45 throws from mound 75%  
b. 30 throws in batting practice

**Step 11:** a. 45 throws from mound 75%  
b. 45 throws in batting practice

#### STAGE 3: BREAKING BALLS

**Step 12:** a. 30 throws from mound 75% warm-up  
b. 15 throws from mound 50% breaking balls

**Step 13:** a. 30 throws from mound 75%  
b. 30 breaking balls 75%  
c. 30 throws in batting practice

**Step 14:** a. 30 throws from mound  
b. 60-90 throws in batting practice 25% breaking balls

**Step 15:** Simulated game progressing by 15 throws per work out. Use interval throwing to 120 ft. phase as warm-up. All throwing from the mound should be done in the presence of the pitching coach to stress proper throwing mechanics. A speed gun should be used to aid effort control.