

APPENDIX C – LITTLE LEAGUE INTERVAL THROWING PROGRAM

30' Phase	45' Phase	60' Phase	90' Phase
Step 1: 20'x10	Step 3: 30'x10	Step 5: 30'x10	Step 7: 45'x5, 60'x5
30'x25	45'x25	60'x25	90'x10
Rest	Rest	Rest	Rest
20'x10	30'x10	30'x10	45'x5, 60'x5
30'x25	45'x25	60'x25	90'x25
Step 2: 20'x10	Step 4: 30'x10	Step 6: 30'x10	Step 8: 45'x5, 60'x5
30'x25	45'x25	60'x25	90'x10
Rest	Rest	Rest	Rest
20'x10	30'x10	30'x10	45'x5, 60'x5
30'x25	45'x25	60'x25	90'x25
Rest	Rest	Rest	Rest
20'x10	30'x10	30'x10	45'x5, 60'x5
30'x25	45'x25	60'x25	90'x25

Adopted from: Wilk KE (ed). Preventive & rehabilitative exercises for the shoulder & elbow. Birmingham, AL; American Sports Medicine Institute; 1997:41.

Guidelines:

1. Perform the interval throwing program under the supervision of a physical therapist or athletic trainer.
2. Always emphasize proper throwing mechanics.
3. Allow one day of rest between throwing sessions.
4. Perform a thorough complete body warm-up and stretching routine before throwing. Perform interval throwing before engaging in a strengthening routine.
5. The athlete must throw 2 or 3 times at each step without complications before advancing to the next step.
6. Although minor discomfort is expected intermittently, avoid throwing through pain.
7. If pain and or swelling persist; discontinue throwing until examined by a medical professional. Resume throwing at the step preceding the offending step.