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INTERVAL PITCHING PROGRAM

1. At each level progress from lesser number of pitches to greater number of pitches before advancing to the next level.
2. For “no mound” pitches, begin with 50% velocity and then 75 % velocity before increasing the number of pitches or advancing to the next level.
3. Begin with “no mound” pitching and advance to “off the mound” pitching.
4. There is no set timetable to advance to the next level.
5. Advance to the next level when present level is pain-free.
6. If pain or difficulty at present level go back to pain-free level.
7. These are guidelines. The program may need to be individualized.
8. Throw every other day at most. Ice injured body part after throwing.

I. NO MOUND

1. 45 ft.: Warm up → Normal motion throws (25 X 2), (25 X 3)
2. 60 ft.: Warm up → Normal motion throws (25 X 2), (25 X 3)
3. 90 ft.: Warm up → Normal motion throws (25 X 2), (25 X 3)
4. 120 ft.: Warm up → Normal motion throws (25 X 2), (25 X 3)

II. FROM THE MOUND

1. 60 ft.: 50 % of normal velocity fastball (15→30→45 pitches)
2. 60 ft.: Batting practice at 50% of normal velocity fastball (30→45→60 pitches)
3. 60 ft.: Batting practice at 75% of normal velocity fastball (15→30→45 pitches)
4. 60 ft.: Batting practice at 75% of normal velocity fastball, 50% breaking ball (45→60→75 pitches)
5. 60 ft.: Batting practice at 75% of normal velocity both fastball & breaking ball (60→90 pitches)
6. Simulated game (75→90→105 pitches)