

THROWING PROGRAM

It is important to remember to stretch before and after throwing. After throwing you should also apply ice to the shoulder for 10 minutes.

Begin at Level I and progress as long as you feel no pain or discomfort. One or two days should be spent at each level before progressing.

Once you reach level V, you should work on the level daily, unless you are pitching.

LEVEL	FORM	1/2 speed	3/4 speed	FULL	3/4 speed	1/2 speed	FORM
I	10-30						
II	10-30	10					10
III	10-30	10	10			10	10
IV	10-30	10	10	3-10	10	10	10
V	10-30	10	10	10	10	10	10

You may progress from one level to the next as long as you do not have any discomfort. Spend at least one to two days at each level.

You may substitute the following program for level V on an alternate basis.

FIVE THROWS AT 1/2 SPEED AT 20 ft., 30 ft., 40 ft., 50 ft., 60 ft.,
70 ft., 80 ft., 90 ft., 100 ft., 110 ft.,
120 ft.

THREE THROWS AT 3/4 SPEED AT 120 ft., 110 ft., 100 ft., 90 ft.,
80 ft., 70 ft., 60 ft.

THREE THROWS AT FULL SPEED AT 60 ft., 70 ft., 80 ft., 90 ft., 100 ft.

(THROPGM CH/THRO CHART)