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## **GALLAND/KIRBY BASEBALL INTERVAL THROWING PROGRAM: CRITERIA AND CONSIDERATIONS**

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### **CRITERIA FOR ENTRY**

1. Full, painfree range of motion
2. Normal, painfree muscle strengthening
3. Isokinetic T est <10% deficit bilaterally
4. ER: IR isokinetic clinical exam
5. Satisfactory clinical exam
6. Physician approval

### **CONSIDERATIONS**

1. Emphasize pre-throwing warm-up and stretching
  - a. perform light jogging first or UBE
  - b. follow with stretching of shoulder (self or manual)

- c. warm-up throws at approximately 30-60 feet
- 2. Goal is to complete one phase before progressing to another
  - a. gradually increase tissue tolerance to fatigue
  - b. if unable to complete phase, rest one day and try again
  - c. all throwing must be painfree
- 3. Proper
  - a. use the “crow-hop” method of throwing for long toss
  - b. long toss should have high arc on ball; follow-through is vital
  - c. for pitchers, throw from mound under supervision of coach
- 4. Individuals will progress at different rates
  - a. different injuries and surgeries heal differently
  - b. age and competition level will vary
  - c. in-season athletes may progress faster

5. Perform strengthening exercises after throwing
  - a. emphasize light weight and high repetitions
  - b. exercise to fatigue
  - c. see Maintenance Routine (appendix)
  
6. Soreness is to be expected
  - a. stop throwing if sharp pains are experienced
  - b. use ice or heat for soreness
  
7. Rest days are important
  - a. rest between throwing days
  - b. perform light stretching and aerobics
  
8. Once able to long toss at 75 times at 180 feet, progress to specific throwing
  - a. pitchers progress to mound
  - b. position players progress to field positionthrowing mechanics are essential for injury prevention

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