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ORTHOPAEDIC SPECIALISTS OF NC

GALLAND/KIRBY BASEBALL INTERVAL THROWING PROGRAM: PHASE II - PITCHER

- Pitchers must be able to throw 75 times at 180 feet pain free
- All pitchers must follow this progression from the mound under supervision
- All throwing must be pain free
- Emphasize proper body mechanics and follow-through
- Throw from the mound under the supervision of a coach
- Always warm-up first: jog, stretch, light toss (30-60 feet)
- Soreness is expected: rest and use ice or heat between throwing days
- Continue maintenance strengthening program, perform after throwing

STEP	ROUTINE	STEP	ROUTINE
1	A.) Long Toss (90-120' x 50 throws) B.) 15 fastballs at 50%	8	A.) 60 fastballs at 75%
2	A.) Long Toss (90-120' x 50 throws) B.) 30 fastballs at 50%	9	A.) 45 fastballs at 75% B.) 15 fastballs at BP
3	A.) Long Toss (90-120' x 25 throws) B.) 45 fastballs at 50%	10	A.) 45 fastballs at 75% B.) 30 fastballs at BP
4	A.) Long Toss (90-120' x 25 throws) B.) 60 fastballs at 50%	11	A.) 30 fastballs at 75% B.) 15 curve balls at 50% C.) 40-60 fastballs at BP
5	A.) Long Toss (120-150' x 25 throws) B.) 30 fastballs at 75%	12	A.) 30 fastballs at 75% B.) 30 curveballs at 75% C.) 30 fastballs at BP
6	A.) 30 fastballs at 75% B.) 45 fastballs at 50%	13	A.) 30 fastballs at 75% B.) 60-90 pitches in BP (25% curve)
7	A.) 45 fastballs at 75% B.) 15 fastballs at 50%	14	SIMULATED GAME (Progress by 15 throws per work out)

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ADAPTED FROM:

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