

Return to Mound

1. Only start this AFTER you have completed the last stage of the interval throwing program
2. After one stage is completed with no pain at all, take one day of rest, then proceed to the next stage.
3. Always warm up with non-throwing light exercise for at least 5 minutes before throwing.
4. Aching in the muscles is ok, but if you experience any pain in the shoulder or elbow joints, quit for the day.
5. Then at next session you must return to the prior stage. So, if you had pain in stage 5, go back to stage 4.

Stage	Distance to Throw	Throws
1	warm up football or softball toss fastball from windup at 50% max speed (this will seem very slow) fastball from stretch at 50% max speed	10 15 15
	day off	30 20 30
2	warm up football or softball toss fastball from windup at 75% max speed fastball from stretch at 75% max speed	10 15 15
	day off	
3	warm up football or softball toss fastball from windup at 100% max speed fastball from stretch at 100% max speed	10 15 15
	day off	
4	full bullpen, or 3 innings in a game mix in fastball, changeups, breaking balls this is basically a simulated game of 3 innings	
	day off	
5	unrestricted return to play	