

45-Ft Phase		60-Ft Phase		90-Ft Phase		120-Ft Phase	
Step 1:	A) Warm-up throwing B) 45 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 45 ft, 25 throws	Step 3:	A) Warm-up throwing B) 60 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 60 ft, 25 throws	Step 5:	A) Warm-up throwing B) 90 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 90 ft, 25 throws	Step 7:	A) Warm-up throwing B) 120 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 120 ft, 25 throws
Step 2:	A) Warm-up throwing B) 45 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 45 ft, 25 throws F) Rest 5–10 min G) Warm-up throwing H) 45 ft, 25 throws	Step 4:	A) Warm-up throwing B) 60 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 60 ft, 25 throws F) Rest 5–10 min G) Warm-up throwing H) 60 ft, 25 throws	Step 6:	A) Warm-up throwing B) 90 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 90 ft, 25 throws F) Rest 5–10 min G) Warm-up throwing H) 90 ft, 25 throws	Step 8:	A) Warm-up throwing B) 120 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 120 ft, 25 throws F) Rest 5–10 min G) Warm-up throwing H) 120 ft, 25 throws
150-Ft Phase				180-Ft Phase			
Step 9:	A) Warm-up throwing B) 150 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 150 ft, 25 throws	Step 11:	A) Warm-up throwing B) 180 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 180 ft, 25 throws	Step 13:	A) Warm-up throwing B) 180 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 180 ft, 25 throws F) Rest 5–10 min G) Warm-up throwing H) 180 ft, 20 throws I) Rest 5–10 min J) Warm-up throwing K) 15 throws, progressing from 120 to 90 ft	Note: All throws should be on an arc with a crow hop. Warm-up throws consist of 10 to 20 throws at approximately 30 ft. Throwing program should be performed every other day, 3 times per week unless otherwise specified by a physician or rehabilitation specialist. Perform each step _____ times before progressing to next step.	
Step 10:	A) Warm-up throwing B) 150 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 150 ft, 25 throws F) Rest 5–10 min G) Warm-up throwing H) 150 ft, 25 throws	Step 12:	A) Warm-up throwing B) 180 ft, 25 throws C) Rest 5–10 min D) Warm-up throwing E) 180 ft, 25 throws F) Rest 5–10 min G) Warm-up throwing H) 180 ft, 25 throws	Step 14: Return to respective position or progress to step 14 below.			

### Flat-Ground Throwing for Baseball Pitchers

Step 14:	A) Warm-up throwing B) 60 ft, 10–15 throws C) 90 ft, 10 throws D) 120 ft, 10 throws E) 60 ft (flat-ground) using pitching mechanics, 20–30 throws	Step 15:	A) Warm-up throwing B) 60 ft, 10–15 throws C) 90 ft, 10 throws D) 120 ft, 10 throws E) 60 ft (flat-ground) using pitching mechanics, 20–30 throws F) 60–90 ft, 10–15 throws G) 60 ft (flat-ground) using pitching mechanics, 20 throws
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### Progress to phase 2: throwing off the mound

\* 45 ft = 13.7 m; 60 ft = 18.3 m; 90 ft = 27.4 m; 120 ft = 36.6 m; 150 ft = 45.7 m; 180 ft = 54.8 m.