

Postoperative Interval Baseball Throwing Program for Outfielders

This interval throwing program is designed to provide a **safe, structured, and progressive return to overhand throwing for outfielders** following shoulder or elbow surgery. The goal is to restore throwing mechanics, arm endurance, and confidence while minimizing the risk of reinjury.

This program reflects the principles used in our sports medicine practice to guide athletes back to competition through a **criteria-based, symptom-guided progression**. Athletes should advance only when each phase is completed **completely pain-free**, with no increase in soreness, stiffness, or loss of motion the following day.

Warm-Up

- Begin each session with light aerobic activity (jogging, cycling, jump rope, etc.) to increase blood flow and tissue temperature. Once a light sweat is achieved, proceed to stretching.

Stretching

- Full-body stretching is emphasized to optimize mobility and reduce injury risk. Efficient pitching requires coordinated motion from the legs, core, and upper extremity—not the arm alone.

Throwing Mechanics

- Proper throwing mechanics are key to preventing reinjury and maximizing performance. If possible, throw under the supervision of a qualified coach, instructor, physical therapist, or athletic trainer. Now is the time to perfect mechanics.

Throwing Progression

- **Allow at least 48 hours** between throwing days unless otherwise specified.
- Progression is **individualized**—there is no mandatory timeline.
- Advancement occurs only when the current step is completed **without pain or abnormal fatigue**.
- It is OK to go through this program slower than what is planned if your arm needs additional time to recover. However, regardless of how you feel, you cannot progress through the program faster than planned. Trying to advance too quickly will likely ultimately delay your recovery and return to play.
- For outfielders that could not throw 300ft on the fly prior to surgery, stop advancing throwing distance whenever the athlete reaches their pre-injury level and then begin throwing on a line to bases to simulate game play

Once the final phase is completed successfully, the player may return to unrestricted overhand throwing.



	Day 1		Day 2	Day 3		Day 4	Day 5		Day 6	Day 7
Week 1	15 ft x 10 30 ft x 10 45 ft x 20 30 ft x 10		REST	15 ft x 10 30 ft x 10 45 ft x 20 30 ft x 10		REST	15 ft x 10 30 ft x 10 45 ft x 20 30 ft x 10		REST	REST
	Day 8		Day 9	Day 10		Day 11	Day 12		Day 13	Day 14
Week 2	15 ft x 10 30 ft x 10 45 ft x 20 60 ft x 5 45 ft x 10		REST	15 ft x 10 30 ft x 10 45 ft x 20 60 ft x 10 45 ft x 10		REST	15 ft x 10 30 ft x 10 45 ft x 20 60 ft x 15 45 ft x 10		REST	REST
	Day 15		Day 16	Day 17		Day 18	Day 19		Day 20	Day 21
Week 3	30 ft x 10 45 ft x 10 60 ft x 20 45 ft x 10 30 ft x 10		REST	30 ft x 10 45 ft x 10 60 ft x 25 Rest	30 ft x 10 45 ft x 10 60 ft x 10	REST	30 ft x 10 45 ft x 10 60 ft x 25 Rest	30 ft x 10 45 ft x 10 60 ft x 15	REST	REST
	Day 22		Day 23	Day 24		Day 25	Day 26		Day 27	Day 28
Week 4	30 ft x 10 45 ft x 15 60 ft x 20 Rest	30 ft x 10 45 ft x 10 60 ft x 20	REST	30 ft x 10 45 ft x 15 60 ft x 25 Rest	30 ft x 10 45 ft x 10 60 ft x 20	REST	30 ft x 10 45 ft x 10 60 ft x 25 Rest	30 ft x 10 45 ft x 10 60 ft x 25	REST	REST
	Day 29		Day 30	Day 31		Day 32	Day 33		Day 34	Day 35
Week 5	30 ft x 5 45 ft x 10 60 ft x 20 75 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 20 75 ft x 5	REST	30 ft x 5 45 ft x 10 60 ft x 20 75 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 20 75 ft x 10	REST	30 ft x 5 45 ft x 10 60 ft x 20 75 ft x 15 Rest	30 ft x 5 45 ft x 5 60 ft x 20 75 ft x 10	REST	REST



Week 6	Day 36		Day 37	Day 38		Day 39	Day 40		Day 41	Day 42
	30 ft x 5 45 ft x 10 60 ft x 10 75 ft x 15 90 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 10 75 ft x 15	REST	30 ft x 5 45 ft x 15 60 ft x 10 75 ft x 15 90 ft x 15 Rest	30 ft x 5 45 ft x 5 60 ft x 10 75 ft x 15	REST	30 ft x 5 45 ft x 15 60 ft x 10 75 ft x 15 90 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 10 75 ft x 15	REST	REST
Week 7	Day 43		Day 44	Day 45		Day 46	Day 47		Day 48	Day 49
	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 10 90 ft x 15 105 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 10 90 ft x 15	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 15 90 ft x 15 105 ft x 15 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 15 90 ft x 15	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 15 90 ft x 15 105 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 15 90 ft x 15	REST	REST
Week 8	Day 50		Day 51	Day 52		Day 53	Day 54		Day 55	Day 56
	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 15 120 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 15 120 ft x 15 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 15 120 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10	REST	REST
Week 9	Day 57		Day 58	Day 59		Day 60	Day 61		Day 62	Day 63
	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 15 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10	REST	REST



Week 10	Day 64		Day 65	Day 66		Day 67	Day 68		Day 69	Day 70
	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10 180 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10 180 ft x 15 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10 180 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	REST
Week 11	Day 71		Day 72	Day 73		Day 74	Day 75		Day 76	Day 77
	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 15 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	REST
Week 12	Day 78		Day 79	Day 80		Day 81	Day 82		Day 83	Day 84
	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 10 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 15 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x 10 120 ft x 10 150 ft x 10	REST	REST



Week 13	Day 85		Day 86	Day 87		Day 88	Day 89		Day 90	Day 91
	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 10 270 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x10 120 ft x 10 150 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 10 270 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x10 120 ft x 10 150 ft x 10	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 10 270 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x10 120 ft x 10 150 ft x 10	REST	REST
Week 14	Day 92		Day 93	Day 94		Day 95	Day 96		Day 97	Day 98
	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 10 270 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x10 120 ft x 10 150 ft x 10 10 throws each: RF to 2B RF to 3B RF to C	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 10 270 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x10 120 ft x 10 150 ft x 10 10 throws each: RF to 2B RF to 3B RF to C	REST	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 5 105 ft x 5 120 ft x 10 150 ft x 10 180 ft x 10 210 ft x 10 240 ft x 10 270 ft x 20 Rest	30 ft x 5 45 ft x 5 60 ft x 5 75 ft x 5 90 ft x 10 105 ft x10 120 ft x 10 150 ft x 10 10 throws each: RF to 2B RF to 3B RF to C	REST	REST