

7-Week Mound Progression Program for Pitchers

This mound progression program is designed to provide a **safe, structured, and progressive return to overhand throwing for pitchers** following a prolonged shut down. 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.

Throwing Progression

- 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.
- Do not make more than 20 throws at any singular distance or intensity without taking a 10-minute break

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.
- Step into throws or use a crow hop to maximize lower body mechanics to generate velocity/distance
- Throw to the target, not through the target

Weightlifting / Strength Training

- Rest is an integral part of the throwing program. At the beginning of the program, this will not seem important, but as the program progresses, it will become increasingly taxing and strenuous
- Non-throwing days are meant for recovery for the throwing arm, but forearm strengthening on off days is permissible
- Do not perform shoulder/elbow focused rehabilitation or strengthening exercises on non-throwing days; these should be done on throwing days after the throwing program has been completed
- Use off-days to train core and lower body

Standard Warm-Up Routine – To be performed prior to everything throwing session. No exceptions.

General 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.
- Wrist flexion and extension stretches with the elbow fully extended – 2 x 20 seconds in each direction
- Shoulder cross body adduction stretch – 2 x 20 seconds
- Sleeper stretch – 2 x 20 seconds

Throwing Arm Activation

- Band pull-apart – 2 x 15 reps
- Banded A-T-Y raises – 1 x 8 reps in each position
- Standing scapula slides – 2 x 10 reps
- Banded internal and external rotation – 2 x 12 reps in each direction
- Additional light band work as needed

Standard Post-Throw / Arm Care Routine

- NISMAT Arm Care 2 x 10 reps each exercise (can be exchanged with Advanced Throwers Ten if athlete/therapist/coach prefers)
- Baseball bat forearm pronation in 90° of elbow flexion 2 x 10 reps
- Baseball bat ulnar deviation 2 x 10 reps
- Wrist roller 10 down and ups with elbows fully extended
- Dead hangs (elbows, shoulders, back, and core engaged) – 30 second hang x 2 (increase length of hang as able)
- Wind sprints 60 feet x 10
- Full body stretching
- Wrist flexion and extension stretches with the elbow fully extended – 2 x 20 seconds in each direction
- Shoulder cross body adduction stretch – 2 x 20 seconds
- Sleeper stretch – 2 x 20 seconds



Week 1	Type	Warm-Up	Throwing Protocol	Cool-Down
Day 1	Bullpen	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 20 throws Mound: 10 four-seam fastballs at 50% effort	Standard
Day 2	Catch play	Standard	45 feet: 20 throws	Standard
Day 3	Catch play	Standard	45 feet: 10 throws 60 feet: 20 throws 75 feet: 20 throws	Standard
Day 4	Off / Recovery	-	-	Standard without NISMAT
Day 5	Bullpen	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 20 throws Mound: 20 four-seam fastballs at 50% effort	Standard
Day 6	Catch play	Standard	45 feet: 5 throws 60 feet: 20 throws 75 feet: 20 throws	Standard
Day 7	Off / Recovery	-	-	-

Week 2	Type	Warm-Up	Throwing Protocol	Cool-Down
Day 8	Bullpen	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 20 throws Mound: 10 four-seam fastballs at 50% effort Mound: 10 four-seam fastballs at 75% effort	Standard
Day 9	Catch play	Standard	45 feet: 30 throws	Standard
Day 10	Catch play	Standard	45 feet: 10 throws 60 feet: 20 throws 75 feet: 30 throws	Standard
Day 11	Off / Recovery	-	-	Standard without NISMAT
Day 12	Bullpen	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 20 throws Mound: 20 four-seam fastballs at 75% effort	Standard
Day 13	Catch play	Standard	45 feet: 5 throws 60 feet: 20 throws 75 feet: 20 throws	Standard
Day 14	Off / Recovery	-	-	-

Week 3	Type	Warm-Up	Throwing Protocol	Cool-Down
Day 15	Bullpen	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 20 throws Mound: 10 four-seam fastballs at 75% effort Mound: 10 four-seam fastballs at 90% effort	Standard
Day 16	Catch play	Standard	45 feet: 25 throws 60 feet: 15 throws	Standard
Day 17	Catch play	Standard	45 feet: 10 throws 60 feet: 30 throws 75 feet: 30 throws	Standard
Day 18	Off / Recovery	-	-	Standard without NISMAT
Day 19	Bullpen	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 20 throws Mound: 20 four-seam fastballs at 90% effort	Standard
Day 20	Catch play	Standard	45 feet: 5 throws 60 feet: 15 throws 75 feet: 30 throws	Standard
Day 21	Off / Recovery	-	-	-

Week 4	Type	Warm-Up	Throwing Protocol	Cool-Down
Day 22	Bullpen	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 10 throws Mound: 20 fastballs (4-seam and 2-seam grip) at 90% effort Mound: 10 changeups at 90% effort	Standard
Day 23	Catch play	Standard	45 feet: 25 throws 60 feet: 10 throws	Standard
Day 24	Catch play	Standard	45 feet: 10 throws 60 feet: 30 throws 75 feet: 30 throws	Standard
Day 25	Off / Recovery	-	-	Standard without NISMAT
Day 26	Bullpen	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 15 throws Mound: 30 fastballs (4-seam and 2-seam grip) at 90% effort Mound: 10 changeups at 90% effort	Standard
Day 27	Catch play	Standard	45 feet: 5 throws 60 feet: 15 throws 75 feet: 30 throws	Standard
Day 28	Off / Recovery	-	-	-



Week 5	Type	Warm-Up	Throwing Protocol	Cool-Down
Day 29	Bullpen (fastball only at 100% effort)	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 10 throws Mound: 30 fastballs (4-seam and 2-seam grip) at 90% effort Mound: 5 changeups at 90% effort Mound: 5 breaking balls at 90% effort Mound 5 fastballs at 100% effort	Standard
Day 30	Catch play	Standard	45 feet: 25 throws 60 feet: 10 throws	Standard
Day 31	Catch play	Standard	45 feet: 10 throws 60 feet: 30 throws 75 feet: 30 throws	Standard
Day 32	Off / Recovery	-	-	Standard without NISMAT
Day 33	Bullpen (fastball only at 100% effort)	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 10 throws Mound: 30 fastballs (4-seam and 2-seam grip) at 90% effort Mound: 10 changeups at 90% effort Mound: 10 breaking balls at 90% effort Mound 10 fastballs at 100% effort	Standard
Day 34	Catch play	Standard	45 feet: 5 throws 60 feet: 15 throws 75 feet: 30 throws	Standard
Day 35	Off / Recovery	-	-	-

Week 6	Type	Warm-Up	Throwing Protocol	Cool-Down
Day 36	Bullpen (fastball and changeups only at 100% effort)	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 15 throws Mound: 20 fastballs (4-seam and 2-seam grip) at 90% effort Mound: 10 breaking balls at 90% effort Mound 20 fastballs and changeups at 100% effort with hitter in box (no swinging)	Standard
Day 37	Catch play	Standard	45 feet: 20 throws 60 feet: 20 throws	Standard
Day 38	Catch play	Standard	45 feet: 10 throws 60 feet: 20 throws 75 feet: 45 throws	Standard
Day 39	Off / Recovery	-	-	Standard without NISMAT
Day 40	Live at bats (fastball and changeups only to live hitters)	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 15 throws 120 feet: 10 throws Mound: 20 fastballs (4-seam and 2-seam grip) at 90% effort Mound: 10 breaking balls at 90% effort Mound 25 fastballs and changeups at 100% effort with hitter in box (live)	Standard
Day 41	Catch play	Standard	45 feet: 5 throws 60 feet: 15 throws 75 feet: 30 throws	Standard
Day 42	Off / Recovery	-	-	-



Week 7	Type	Warm-Up	Throwing Protocol	Cool-Down
Day 43	Bullpen (full pitch repertoire)	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 10 throws 120 feet: 10 throws Mound: 10 pitches (full repertoire) at 90% effort Mound: 25 pitches (full repertoire) at 100% effort	Standard
Day 44	Catch play	Standard	45 feet: 20 throws 60 feet: 20 throws	Standard
Day 45	Catch play	Standard	45 feet: 10 throws 60 feet: 20 throws 75 feet: 45 throws	Standard
Day 46	Off / Recovery	-	-	Standard without NISMA
Day 47	Live Game #1 – see below for live game throwing breakdown	Standard	45 feet: 5 throws 60 feet: 10 throws 75 feet: 10 throws 90 feet: 10 throws 105 feet: 10 throws 120 feet: 10 throws Live game: 78 throws	Standard
Day 48	Catch play	Standard	45 feet: 5 throws 60 feet: 15 throws 75 feet: 30 throws	Standard
Day 49	Off / Recovery	-	-	-
Live game throwing breakdown: - Long toss: 25 throws - Pre-game bullpen: 25 pitches - Warm up: 8 pitches 1st inning: 20 pitches				