



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

SHORT DURATION (21-DAY) INTERVAL THROWING PROGRAM

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| Day 1: 45 ft. (30 throws) 60 ft. (30 throws) | Day 12: Rest |
| Day 2: 45 ft. (45 throws) 60 ft. (45 throws) | Day 13: 60 ft. (100 throws) Bullpen pitching (fastballs only): 25 pitches @ 75% effort |
| Day 3: 60 ft. (125 throws) | Day 14: 45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws) |
| Day 4: 60 ft. (85 throws) 90 ft. (30 throws) 60 ft. (20 throws) | Day 15: 60 ft. (100 throws) Bullpen pitching (fastballs & change-ups): 35 pitches @ 80% effort |
| Day 5: Rest | Day 16: Rest |
| Day 6: 60 ft. (100 throws) 90 ft. (30 throws) 60 ft. (20 throws) | Day 17: 60 ft. (100 throws) Bullpen pitching (all pitches): 45 pitches @ 100% |
| Day 7: 60 ft. (50 throws) 90 ft. (50 throws) 60 ft. (50 throws) | Day 18: 45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws) |
| Day 8: 60 ft. (50 throws) 90 ft. (50 throws) 120 ft. (25 throws) 60 ft. (20 throws) | Day 19: Simulated game (25 pitches) |
| Day 9: Rest | Day 20: 45 ft. (50 throws) 90 ft. (30 throws) 120 ft. (20 throws) 45 ft. (50 throws) |
| Day 10: 60 ft. (50 throws) 90 ft. (20 throws) 120 ft. (50 throws) 60 ft. (20 throws) | Day 21: Game (25-35 pitches) |
| Day 11: 60 ft. (50 throws) 90 ft. (20 throws) 120 ft. (60 throws) 60 ft. (20 throws) | |