



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

MOUND THROWING

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Basic Guidelines:

1. Throwing is performed every other day
2. Pre-throwing and post-throwing exercises must be performed. This includes proper warm-up with soft toss and stretching
3. Throw at prescribed level of maximum effort noted for each step
4. Emphasize proper throwing mechanics
5. Ice for 20 minutes after throwing
6. If pain occurs during any step shut down for 3-5 days and use Ibuprofen or Aleve. Resume throwing by backing up to previous step.



Stage 1: Fastball/Change-up

Day 1: a. Interval throwing
b. 15 throws from mound 50%

Day 3: a. Interval throwing
b. 30 throws from mound 50%

Day 5: a. Interval throwing
b. 45 throws from mound 50%

Day 7: a. Interval throwing
b. 60 throws from mound 50%

Day 9: a. Interval throwing
b. 30 throws from mound 75%

Day 11: a. 30 throws from mound 75%
b. 45 throws from mound 50%

Day 13: a. 45 throws from mound 75%
b. 15 throws from mound 50%

Day 15: a. 60 throws from mound 75%

Stage 2: Fastball/Change-up/BP

Day 17: a. 45 throws from mound 75%
b. 15 throws in batting practice 100%

Day 19: a. 45 throws from mound 75%
b. 30 throws in batting practice 100%

Day 21: a. 45 throws from mound 75%
b. 45 throws in batting practice 100%



Stage 3: Breaking Balls

Day 23:a. 30 throws from mound 75% warm-up
b. 15 throws from mound 50% breaking balls

Day 25:a. 30 throws from mound 75%
b. 30 breaking balls 50%
c. 30 throws in batting practice
($\frac{1}{2}$ fastball, $\frac{1}{2}$ breaking balls)

Day 27:a. 30 throws from mound 75%
b. 60-90 throws in batting practice,
(25% breaking balls)

Day 29: Simulated game progressing by 15 throws per workout. Use interval throwing to 120 feet phase as warm-up. All throwing from mound should be done in the presence of the pitching coach to stress proper throwing mechanics. A speed gun should be used to aid effort control.