



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

- Warm-up throws should begin at **30–45 feet**, then advance to whatever distance the thrower feels they need to reach be fully warmed up (to a maximum of 120 feet) before beginning the mound portion of each phase.
- **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 outfielders players 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 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 10 270 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 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 10 270 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 |