GALLAND/KIRBY SOFTBALL PITCHER’S INTERVAL THROWING PROGRAM

GENERAL RULES
1. Break a sweat
2. Shoulder stretches
3. Throwing program
4. Rotator cuff strengthening
5. Shoulder stretches
6. Ice for 20 min

WARM-UP
- Begin at 20 ft (6.10 m) and advance 20 ft (6.10 m) at a time, throwing 3–5 times at each distance at 50% effort until reaching the warm-up distance for that workout. Begin all throws with a crow-hop.

SORENESS RULES
- If sore more than 1 hour after throwing or the next day, take 1 day off and repeat the most recent throwing program workout.
- If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout. If shoulder becomes sore during this workout, stop and take 2 days off. Upon return to throwing, drop down 1 step.
- If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down 1 step.
- If no soreness, advance 1 step every throwing day.

A. BASELINE / PRESEASON
- To establish a base for training and conditioning, begin with step 4 and advance 1 step daily to step 21, following soreness rules.

B. NONTHROWING ARM INJURY
- After medical clearance, begin step 4 and advance 1 step daily to step 21, following soreness rules.

C. THROWING ARM: BRUISE OR BONE INVOLVEMENT
- After medical clearance, begin with step 1 and advance program as soreness rules allow, throwing every other day.

D. THROWING ARM: TENDON/LIGAMENT INJURY (MILD)
- After medical clearance, begin with step 1 and advance program to step 6, throwing every other day as soreness rules allow.
- Throw every third day on steps 7–10 as soreness rules allow.
- Return to throwing every other day as soreness rules allow for steps 11–21.

E. THROWING ARM: TENDON/LIGAMENT INJURY (MODERATE, SEVERE, OR POST-OP)
- After medical clearance, begin throwing at step 1.
- For steps 1–6, advance no more than 1 step every 3 days, with 2 days’ active rest (warm-up and long tosses) following each workout.
- Steps 7–10 advance no more than 1 step every 3 days, with 2 days’ active rest (warm-up and long tosses) following each workout.
- Advance steps 11–21 daily as soreness rules allow.
### Phase I - Early Throwing
- All throws are to tolerance to a maximum of 50% effort.
- All long tosses begin with a crow-hop.

#### Step 1
- Warm-up toss to 30 ft (9.14 m)
- 10 throws @ 30 ft (9.14 m)
- Rest 8 min
- 10 throws @ 30 ft (9.14 m)
- 10 long tosses to 40 ft (12.19 m)

#### Step 2
- Warm-up toss to 45 ft (13.72 m)
- 10 throws @ 45 ft (13.72 m)
- Rest 8 min
- 10 throws @ 45 ft (13.72 m)
- 10 long tosses to 60 ft (18.29 m)

#### Step 3
- Warm-up toss to 60 ft (18.29 m)
- 10 throws @ 60 ft (18.29 m)
- Rest 8 min
- 10 throws @ 60 ft (18.29 m)
- 10 long tosses to 75 ft (22.86 m)

#### Step 4
- Warm-up toss to 75 ft (22.86 m)
- 10 throws @ 75 ft (22.86 m)
- Rest 8 min
- 10 throws @ 75 ft (22.86 m)
- 10 long tosses to 90 ft (27.43 m)

#### Step 5
- Warm-up toss to 90 ft (27.43 m)
- 10 throws @ 90 ft (27.43 m)
- Rest 8 min
- 10 throws @ 90 ft (27.43 m)
- 10 long tosses to 105 ft (32.00 m)

#### Step 6
- Warm-up toss to 105 ft (32.00 m)
- 10 throws @ 105 ft (32.00 m)
- Rest 8 min
- 10 throws @ 105 ft (32.00 m)
- 10 long tosses to 120 ft (36.58 m)

### Phase II - Initiation of Pitching
- All pitches are fast balls (no off-speed pitches).
- All pitches to tolerance or maximum effort level specified.
- All long tosses begin with a crow-hop.

#### Step 7
- Warm-up toss to 120 ft (36.58 m)
- 10 throws @ 60 ft (18.29 m) (75%)
- 10 throws @ 20 ft (6.10 m) (50%)
- Rest 8 min
- 10 throws @ 60 ft (18.29 m) (75%)
- 5 pitches @ 20 ft (6.10 m) (50%)
- 10 long tosses to 120 ft (36.58 m)

#### Step 8
- Warm-up toss to 120 ft (36.58 m)
- 10 throws @ 60 ft (18.29 m) (75%)
- 10 pitches @ 35 ft (10.67 m) (50%)
- Rest 8 min
- 10 throws @ 60 ft (18.29 m) (75%)
- 10 pitches @ 35 ft (10.67 m) (50%)
- 10 long tosses to 120 ft (36.58 m)
STEP 9
- Warm-up toss to 120 ft (36.58 m)
- 10 throws @ 60 ft (18.29 m) (75%)
- 10 pitches @ 46 ft (14.02 m) (50%)
- Rest 8 min
- 10 throws @ 60 ft (18.29 m) (75%)
- 10 pitches @ 46 ft (14.02 m) (50%)
- 15 long tosses to 120 ft (36.58 m)

STEP 10
- Warm-up toss to 120 ft (36.58 m)
- 10 throws @ 60 ft (18.29 m) (75%)
- 10 pitches @ 46 ft (14.02 m) (50%)
- Rest 8 min
- 10 pitches @ 46 ft (14.02 m) (50%)
- Rest 8 min
- 10 throws @ 60 ft (18.29 m) (75%)
- 10 pitches @ 46 ft (14.02 m) (50%)
- 15 long tosses to 120 ft (36.58 m)

PHASE III – INTENSIFIED PITCHING
- Pitch sets 11–15 consist of 1 fastball to 1 off-speed pitch at the effort level specified.
- Pitch sets 16–21 consist of a percentage of pitches that match the preinjury pitch mix specific to the athlete at the effort level specified.
- Begin each step with warm-up toss to 120 ft (36.58 m).
- End each step with 20 long tosses to 120 ft (36.58 m).

STEP 11
- 2 throws to each base (75%)
- 15 pitches (50%)*
- 15 pitches (50%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*

STEP 12
- 2 throws to each base (75%)
- 15 pitches (50%)*
- 15 pitches (50%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*

STEP 13
- 2 throws to each base (75%)
- 15 pitches (50%)*
- 15 pitches (75%)*
- 15 pitches (75%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*

STEP 14
- 2 throws to each base (75%)
- 15 pitches (50%)*
- 15 pitches (75%)*
- 15 pitches (75%)*
- 20 pitches (50%)*
- 1 throw to each base (75%)
- 15 pitches (50%)*

STEP 15
- 2 throws to each base (100%)
- 15 pitches (75%)*
- 15 pitches (75%)*
- 15 pitches (75%)*
- 1 throw to each base (75%)
- 15 pitches (75%)*

STEP 16
- 1 throw to each base (100%)
- 15 pitches (100%)*
- 20 pitches (75%)*
- 15 pitches (100%)*
- 20 pitches (75%)*
- 1 throw to each base (75%)
- 20 pitches (75%)*

STEP 17
- 1 throw to each base (100%)
- 15 pitches (100%)*
- 20 pitches (75%)*
- 15 pitches (100%)*
- 20 pitches (75%)*
- 1 throw to each base (100%)
- 15 pitches (75%)*

*REST 8 MIN AFTER THESE SETS.
STEP 18
• 1 throw to each base (100%)
• 20 pitches (100%)*
• 15 pitches (100%)*
• 20 pitches (100%)*
• 15 pitches (100%)*
• 20 pitches (100%)*
• 1 throw to each base (100%)
• 15 pitches (100%)*

STEP 19
• 1 throw to each base (100%)
• 20 pitches (100%)*
• 15 pitches (100%)*
• 20 pitches (100%)*
• 15 pitches (100%)*
• 20 pitches (100%)*
• 1 throw to each base (100%)
• 15 pitches (100%)*

STEP 20
• Batting practice
  – 100–120 pitches
  – 1 throw to each base per 25 pitches

STEP 21
• Simulated game
  – 7 innings
  – 18–20 pitches/inning
  – 8-min rest between innings
  – Pre-injury pitch mix

*REST 8 MIN AFTER THESE SETS.

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