



Brian P. Davis, MD  
ABOS Board-Certified Sports Medicine,  
Shoulder, Knee, & Elbow Surgeon  
office: 303.321.1333  
BrianDavisMD.com

## **Interval Throwing Program Phase II: Starting off the mound**

### **Stage I: Fastball Only**

- Step 1: a. Interval throwing  
b. 15 throws off mound 50%
- Step 2: a. Interval throwing  
b. 30 throws off mound 50%
- Step 3: a. Interval throwing  
b. 45 throws off mound 50%
- Step 4: a. Interval throwing  
b. 60 throws off mound 50%
- Step 5: a. Interval throwing  
b. 30 throws off mound 75%
- Step 6: a. 30 throws off mound 75%  
b. 45 throws off mound 50%
- Step 7: a. 45 throws off mound 75%  
b. 15 throws off mound 50%

### **Stage II: Fastball Only**

- Step 9: a. 45 throws off mound 75%  
b. 15 throws in batting practice
- Step 10: a. 45 throws off mound 75%  
b. 30 throws in batting practice
- Step 11: a. 45 throws off mound 75%  
b. 45 throws in batting practice

### **Stage III**

- Step 12: a. 30 throws off mound 75% warm-up  
b. 15 throws off mound 50% breaking balls  
c. 45-60 throws in batting practice (fastball only)
- Step 13: a. 30 throws off mound  
b. 30 breaking balls 75%  
c. 30 throws in batting practice