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General Overhead Progressive Throwing Program

1. Mirror throwing:
With 1# wt., exaggerate the throwing motion with slow controlled concentric and eccentric movement.
2. Short distance throwing:
Throw 20-30 ft. beginning with five minutes progressing to 15-20 minutes. Form is more important than velocity.
3. Long distance arc throwing:
When able to throw comfortably for 15-20 minutes, gradually increase throwing distance to 150 ft. Form is still more important than velocity.
4. Form pitching:
Prior to beginning this phase, the individual must have completed short and long distance throwing program.
Begin throwing off the mound.
Proper mechanics are important.
Gradually increase velocity.
Begin with fast balls only.
As near maximum velocity is reached on fast ball, begin working on breaking ball and other pitches.

References:
Sports Injury Management