

Baseball Return to Throwing



Dr. Eastwood

| PHASES | DISTANCE OF THROWS (FEET) | HALF-KNEELING | CROW-HOP OR SLIDE-STEP | PITCHING MOTION FROM MOUND OR MOUND DISTANCE | INTENSITY OR MAXIMUM EFFORT |
|--------|---|--------------------------|--------------------------------------|--|-----------------------------|
| I | 15-30 | 5-10 throws (15 feet) | 5-15 throws (20-40 feet) | 5-15 throws | 50% (light) |
| II | 30-50 | 5-10 throws (20-30 feet) | 10-15 throws (40-60 feet) | 15-25 throws | 50-75% (light-mod) |
| III | 50-80 | 5-10 throws (20-30 feet) | 15-25 throws (60-80 feet) | 25-40 throws | 75% (mod) |
| IV | 80-150+ | 5-10 throws (20-40 feet) | 15-25 throws (60-100 feet) | 25-40 throws add off-speed pitches | 75-90% (mod-high) |
| V | 90-150+ | 10 throws (20-50 feet) | 15-25 throws (60-150 feet) on a line | 40-60 throws add off-speed pitches | 90% (high) |
| VI | Batting practice pitching 60-100 pitches | | | | |
| VII | Simulated game: 50 to 100 pitches with gradual increase in velocity. 5-7 innings. 22-27 pitches per inning including 10-15 fastballs. 6 minutes rest between innings. | | | | |

*If you have any problems or questions, please call your doctor's office (8am-5pm).
Answering service for after hours.*

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