

Interval Windmill Pitching Program (Fastpitch Only)

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This program is to follow the interval throwing program for fastpitch softball pitchers. The interval windmill pitching program is designed so that the athlete can achieve each individual level of throwing without pain or complication. The ITP should be supplemented with a weight training program and a flexibility program to maintain the athlete in a top physical condition. Weight training should be done on a throwing day and should emphasize high repetition with low weight as a maintenance program for the athlete. The athlete should be throwing every other day and using the day between for flexibility and rest. This program has been set up to minimize the risk for re-injury and emphasize pre-throwing warm-up, stretching, proper body and throwing mechanics, and the importance of weight training with the throwing athlete.

30 throws at 9 o'clock position
45 throws at 9 o'clock position

30 throws at 12 o'clock position
45 throws at 12 o'clock position

45 throws at 3 o'clock position
60 throws at 3 o'clock position

30 throws – full wind up (50%)
45 throws – full wind up (50%)
45 throws – full wind up (75%)
60 throws – full wind up (75%)

Progress to batting practice; additional pitches depending upon pathology.
Throw every other day; progression must be pain free.