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BACK TO THROWING PROGRAM

- I. Introduction/Purpose (short and brief)**
- II. Top 10-15 RTC Ex's**
 - A. Accessory cuff muscles**
 - B. Scapular ex's**
 - C. Associated trunk and hip ex's**
 - D. Wrist/hand**
 - E. Elbow**
- III. Form Throwing (proper mechanics)**
 - A. Assess ROM for desired throwing task (tailor to specific player)**
 - B. List muscles involved in each phase**
- IV. Dynamic Throwing Ex's**
 - A. Plyometrics**
 - B. Short arm toss**
 - a. Essentrics**
 - C. Endurance drills**
 - D. Rhythmic stabilization ex's**
 - E. Neuromuscular control drills**
 - a. PNF (i.e. eyes closed)**
 - b. 90/90 drills standing on one leg**
- V. Dynamic Throwing Ex's**
 - A. Two and one arm toss**
 - a. At different distances (main purpose is control and achieving target; not per se velocity/power)**
- VI. Interval Throwing Program**
 - A. Distances: 40ft, 60ft, 90ft, 120ft, 150ft, and 180ft**
 - B. Velocity/power: 50%, 75%, and 100% at each above distance (reminder: warm-up and cool down is important, as well as rest, in this phase. The interval program should be performed every other day. However, the above ex's and continued application of steps I-VI will be essential to the athlete/patient overall performance success)**



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INTERVAL THROWING PROGRAM

**** Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.**

**** Each Stage should be one week. If pain occurs during any stage, back up to previous stage.**

Phase I: Long Toss Program

45-ft Stage:

- a) Warm-up throwing
- b) 45 ft (25 throws)
- c) Rest 15 minutes
- d) Warm-up throwing
- e) 45 ft (25 throws)

60-ft Stage:

- a) Warm-up throwing
- b) 60 ft (25 throws)
- c) Rest 15 minutes
- d) Warm-up throwing
- e) 60 ft (25 throws)

90-ft Stage:

- a) Warm-up throwing
- b) 90 ft (25 throws)
- c) Rest 15 minutes
- d) Warm-up throwing
- e) 90 ft (25 throws)

120-ft Stage:

- a) Warm-up throwing
- b) 120 ft (25 throws)
- c) Rest 15 minutes
- d) Warm-up throwing
- e) 120 ft (25 throws)

150-ft Stage:

- a) Warm-up throwing

- b) 120 ft (25 throws)**
- c) Rest 15 minutes**
- d) Warm-up throwing**
- e) 120 ft (25 throws)**

Then begin throwing from mound or to respective position.



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INTERVAL THROWING PROGRAM

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Phase II: Starting Off The Mound

Stage I: Fastball Only

- Step 1 a) Interval Throwing
 b) 15 throws from mound 50%
- Step 2 a) Interval Throwing
 b) 30 throws from mound 50%
- Step 3 a) Interval Throwing
 b) 45 throws from mound 50%

Stage II: Fastball Only

- Step 4 a) Interval Throwing
 b) 60 throws from mound 75%
- Step 5 a) Interval Throwing
 b) 30 throws from mound 75%
- Step 6 a) 30 throws from mound 75%
 b) 45 throws from mound 50%

Stage III: Fastball Only

- Step 7 a) 45 throws from mound 75%
 b) 15 throws from mound 50%
- Step 8 a) 60 throws from mound 75%



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Stage IV: Fastball Only

- Step 9 a) 45 throws from mound 75%
 b) 15 throws in batting practice
- Step 10 a) 45 throws from mound 75%
 b) 30 throws in batting practice
- Step 11 a) 45 throws from mound 75%
 b) 45 throws in batting practice

Stage V:

- Step 12 a) 30 throws from mound 75% warm-up
 b) 15 throws from mound 50% breaking balls
 c) 45-60 throws in batting practice throws from mound 50% (fastball only)
- Step 13 a) 30 throws from mound 75%
 b) 30 breaking balls 75%
 c) 30 throws in batting practice
- Step 14 a) 30 throws from mound 75%
 b) 60-90 throws in batting practice 25% breaking balls
- Step 15 Simulated game progressing by 15 throws per work-out. Use interval
 throwing to 120-ft phase as warm-up. All throwing from the mound should be done in the
 presence of the pitching coach to stress proper throwing mechanics A speed gun should be
 used to aid in effort control.



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RETURN TO HITTING REHABILITATION PROGRAM

This program is based upon the variables involved in hitting weight of bat, movement and velocity of the ball and number of swings taken. Progression through the program is based upon standard principals of healing and strengthening.

DAY	ACTIVITY	DURATION
1	dry swings with a fungo bat	10 swings
2	off	
3	dry swings with a fungo bat	10 swings
4	off	
5	dry swings with a fungo bat	20 swings
6	off	
7	dry swings with a fungo bat	20 swings
8	off	
9	dry swings with a fungo & regular bat	10 fungo, 10 regular
10	off	
11	dry swings with a fungo & regular bat	10 fungo, 10 regular
12	off	
13	dry swings with a regular bat	20 swings
14	off	
15	dry swings with a regular bat	20 swings
16	off	
17	dry swings with a regular bat	30 swings
18	off	
19	dry swings with a regular bat	30 swings
20	off	
21	dry swings & tee swings with fungo	20 dry swings, 10 tee fungo
22	off	
23	dry swings & tee swings with fungo	15 dry swings, 15 tee fungo
24	off	
25	dry swings & tee swings with fungo	10 dry swings, 20 tee fungo
26	off	
27	dry swings & tee swings with fungo	10 dry swings, 30 tee fungo
28	off	
29	tee swings	30 tee fungo
30	off	
31	tee swings	30 tee fungo
32	off	
33	tee swings	20 fungo, 10 regular bat
34	off	
35	tee swings	20 fungo, 10 regular bat
36	off	

37	tee swings	10 fungo, 20 regular bat
38	off	
39	tee swings	10 fungo, 20 regular bat
40	off	
41	tee swings	30 regular bat
42	off	
43	tee swings	30 regular bat
44	off	
45	tee swing and soft toss	15 tee, 15 soft toss
46	off	
47	tee swing and soft toss	15 tee, 15 soft toss
48	off	
49	tee swing and soft toss	10 tee, 25 soft toss
50	off	
51	tee swing and soft toss	10 tee, 25 soft toss
52	off	
53	soft toss swings	35 soft toss
54	off	
55	soft toss swings	35 soft toss
56	off	
57	soft toss swings	40 soft toss
58	off	
59	soft toss swings	50 soft toss
60	off	
61	soft toss and BP swings	30 soft, 10 BP
62	off	
63	soft toss and BP swings	25 soft, 15 BP
64	off	
65	soft toss and BP swings	20 soft, 20 BP
66	off	
67	soft toss and BP swings	15 soft, 25 BP
68	off	
69	soft toss and BP swings	10 soft, 30 BP
70	off	
71	BP swings	35 swings
72	off	
73	BP swings	35 swings
74	off	
75	BP swings	40 swings
76	off	
77	BP swings	40 swings
78	off	
79	BP swings	25 swings
80	BP swings	25 swings
81	off	
82	BP swings	25 swings
83	BP swings	25 swings
84	BP swings	25 swings
85	off	
86	BP swings	25 swings
87	BP swings	25 swings
88	BP swings	25 swings
89	BP swings	25 swings
90	off	
91	Ready to face live pitching	