

Return to Throwing Protocol

Frequency:

- Throwing is done 3 times per week

Advancing stages

- Each stage lasts one week

Warm-up

- Heat shoulder and/or elbow before throwing
- Shoulder stretches and forearm muscle stretches
- 10 light, short (<30 foot) throws

Cool-Down

- Shoulder and forearm muscle stretches
- Ice shoulder and elbow

Miscellaneous exercises

- Strengthen core, hip flexors, and gluteal muscles 3x per week

Restrictions:

- Phase I throws should be about 50% effort
- If pain occurs during any stage, then repeat the prior stage

Phase I: Long Throw Program (6 weeks)

45 ft Stage	• Warm-up • 45 ft x 25 throws • Rest for 15 minutes • 45 ft x 25 throws • Cool-down
60 ft Stage	• Warm-up • 60 ft x 25 throws • Rest for 15 minutes • 60 ft x 25 throws • Cool-down
90 ft Stage	• Warm-up • 90 ft x 25 throws • Rest for 15 minutes • 90 ft x 25 throws • Cool-down
120 ft Stage	• Warm-up • 120 ft x 25 throws • Rest for 15 minutes • 120 ft x 25 throws • Cool-down

150 ft Stage	• Warm-up • 150 ft x 25 throws • Rest for 15 minutes • 150 ft x 25 throws • Cool-down
180 ft Stage	• Warm-up • 180 ft x 25 throws • Rest for 15 minutes • 180 ft x 25 throws • Cool-down

Phase II: Advancing Effort (5 weeks)

Distance is kept at 90 feet; continue warm-up, cool-downs, and core/hip/gluteal strengthening

Week 1	• Day 1: 15 throws at 50% • Day 3: 30 throws at 50% • Day 5: 45 throws at 50%
Week 2	• Day 1: 60 throws at 50% • Day 3: 30 throws at 75% • Day 5: 30 throws at 75% and 45 throws at 50%
Week 3	• Day 1: 45 throws at 75% and 15 throws at 50% • Day 3: 60 throws at 75% • Day 5: 60 throws at 75%
Week 4	• Day 1: 45 throws at 75% and 15 throws at 50% • Day 3: 45 throws at 75% and 30 throws in batting practice • Day 5: 45 throws at 75% and 45 throws in batting practice
Week 5	• Day 1: 15 throws at 50% (may start breaking balls), 30 throws at 75%, and 45 throws in batting practice • Day 3: 30 throws at 50% or breaking balls, 30 throws at 75%, and 30 throws in batting practice • Day 5: 30 throws at 75% and 60 throws batting practice

Phase III: Game Simulation (~2 weeks)

- Start simulated games at full effort, distance, and throws
- Throwing should only occur 3 times per week until game ready with at least 1 day off between throwing days
- Each game simulation shoulder increase throw/pitch count by 15 starting at 15 with maximum throw/pitch count of ~120.
- Return to full play once completed game simulation