

Program is to be performed in conjunction with Return to Baseball (Running) program for returning to play. Athlete is able to initiate Phase I at same time as Return to Baseball (Running) Phase I.

Key notes:

* Perform program on every other day basis to allow for 24-48 hours of recovery time. Max of throwing 3 times a week while progressing through program.
* Perform each level for 2-3 sessions before moving to next level- move to next level once able to complete with proper mechanics, good arm strength, and without symptoms.
* Athletes will progress at different rates through the program dependent upon confidence, degree of inflammation, severity of injury, age, and type of surgical intervention. Pain and swelling are the best guides to determining tolerance at each phase and whether an athlete should progress to the next step. Progression through the phases is combined evaluation and guidance of rehab provider and coach.
* Setbacks are common during return to sport progressions and sound judgment should be used regarding an extra rest day(s) or regressing back to prior phase if pain and swelling are problematic.
* Athletes should report any pain during program. If athlete experiences pain while throwing, then the program is to be stopped for the day. During next throwing day, the athlete should return to the last level they threw without pain. If pain occurs again, contact the physician or rehab provider.
* Continue with strengthening exercises 2-3 times a week while progressing throwing program- strengthening exercises may overlap days of program and be performed after throwing program; however, must have one complete rest day per week.
* Continue with stretching exercises on daily basis.
* For weeks 1 and 2 perform “step and throw.” In week 3 transition to “crow hop” once throwing distance of 90 feet.
* Active warm-up to initiate each session with cooldown following. Ice for 10-15 minutes following session as pain and swelling dictate.
* Brace on through all phases if prescribed by physician.

Active warm-up

Pre-running drills (15 yards down and back each): jogging, skipping, side shuffle, backpedal, high knees, butt kicks, grapevine

Dynamic stretching routine to upper extremity, trunk, and lower extremity (10 yards down and back each): single leg RDL, quad stretch, side lunge, forward lunge, reverse lunge, knee tucks, glute stretch, inchworms

Footwork drills: speed ladder or hurdles

Throwing warm up: start at 30 feet and gradually move back to scheduled distance as arm loosens up. Start counting prescribed number of throws once at scheduled distance.

Cool down

 5-10 minutes global upper extremity, core, and lower extremity stretching

Ice for 10-15 minutes as pain and swelling dictates

**Week 1**

|  |  |  |
| --- | --- | --- |
| **Monday** | **Wednesday** | **Friday** |
| 45 feet: 2 sets of 25 throw | 45 feet: 2 sets of 25 throws | 45 feet: 1 set of 10 throws |
|  |  | 60 feet: 1 set of 15 throws |
|  |  | 5 minute break |
|  |  | 45 feet: 1 set of 10 throws |
|  |  | 60 feet: 1 set of 15 throws |

**Week 2**

|  |  |  |
| --- | --- | --- |
| **Monday** | **Wednesday** | **Friday** |
| 60 feet: 2 sets of 25 throws | 60 feet: 2 sets of 25 throws | 60 feet: 1 set of 10 throws |
|  |  | 75 feet: 1 set of 15 throws |
|  |  | 5 minute break |
|  |  | 60 feet: 1 set of 10 throws |
|  |  | 75 feet: 1 set of 15 throw |

**Week 3**

\*When throwing at 90 feet or above it is extremely encouraged to throw with a “crow hop”. A proper crow hop means to shuffle your back foot in line with the front foot.

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| **Monday** | **Wednesday** | **Friday** |
| 75 feet: 2 sets of 25 throws | 75 feet: 2 sets of 25 throws | 75 feet: 1 set of 10 throws |
|  |  | 90 feet: 1 set of 15 throws |
|  |  | 5 minute break |
|  |  | 75 feet: 1 set of 10 throws |
|  |  | 90 feet: 1 set of 15 throws |

**Week 4**

|  |  |  |
| --- | --- | --- |
| **Monday** | **Wednesday** | **Friday** |
| 90 feet: 2 sets of 25 throws | 90 feet: 2 sets of 25 throws | 90 feet: 1 set of 10 throws |
|  |  | 105 feet: 1 set of 15 throws |
|  |  | 5 minute break |
|  |  | 90 feet: 1 set of 10 throws |
|  |  | 105 feet: 1 set of 15 throws |

**Week 5**

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| --- | --- | --- |
| **Monday** | **Wednesday** | **Friday** |
| 105 feet: 2 sets of 25 throws | 105 feet: 2 sets of 25 throws | 105 feet: 1 set of 15 throws |
|  |  | 120 feet: 1 set of 10 throws |
|  |  | 5 minute break |
|  |  | 105 feet: 1 set of 15 throws |
|  |  | 120 feet: 1 set of 10 throws |
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**Week 6**

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| \*Start throwing flat ground when the player has reached the 120 feet distance mark. The player works back down from 120 feet to 60 feet during the same session, not exceeding 10-12 throws. (Example: 120 feet – 2 throws, a couple steps in and do a couple more throws, etc. working down to 60 feet) Pitches should be fastballs only at this time with 50% intensity. |
| **Monday** | **Wednesday** | **Friday** |
| 105 feet: 1 set of 10 throws | 120 feet: 3 set of 15 throws | 120 feet: 1 set of 15 throws |
| 120 feet: 1 set of 15 throws | No flatground | 135 feet: 1 set of 10 throws |
| 5 minute break |  | 5 minute break |
| 105 feet: 1 set of 10 throws |  | 120 feet: 1 set of 15 throws |
| 120 feet: 1 set of 15 throws |  | 135 feet: 1 set of 10 throws |
| 10-12 throws down to 60 feet |  | 10-12 throws down to 60 feet |
| Flatground:15-20 pitches at 50% |  | Flatground:15-20 pitches at 50% |

**Week 7**

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| Pitches should be fastballs or changeups only at this time with 50 – 75% intensity. |
| **Monday** | **Wednesday** | **Friday** |
| 120 feet: 1 set of 10 throws | 135 feet: 3 sets of 15 throws | 135 feet: 1 set of 15 throws |
| 135 feet: 1 set of 15 throws5 minute break120 feet: 1 set of 10 throws135 feet: 1 set of 15 throws10-12 throws down to 60 feet | No flatground | 150 feet: 1 set of 10 throws5 minute break135 feet: 1 set of 15 throws150 feet: 1 set of 10 throws10-12 throws down to 60 feet |
| Flatground:20 pitches at 50-75% |  | Flatground:20 pitches at 50-75% |

**Week 8**

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| Pitches should be fastballs, changeups, and breaking balls at this time with a 75% intensity. |
| **Monday** | **Wednesday** | **Friday** |
| 135 feet: 1 set of 10 throws | 150 feet: 3 sets of 15 throws | 120 feet: 1 set of 10 throws |
| 150 feet: 1 set of 15 throws5 minute break135 feet: 1 set of 10 throws150 feet: 1 set of 15 throws10-12 throws down to 60 feetFlatground:20 pitches at 75% | No flatground | 135 feet: 1 set of 10 throws150 feet: 1 set of 10 throws5 minute break150 feet: 1 set of 10 throws135 feet: 1 set of 10 throws120 feet: 1 set of 10 throws10-12 throws down to 60 feetFlatground:20 pitches at 75% |
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**Mound** **Progression**

The athlete will perform 1-3 sessions at each level before progressing. Mound throwing levels should be done every other day with at least a day of rest in between. Extra recovery days may be needed once the intensity and pitch count increases. When all levels are completed, Progression into Games may be started.

**Level 1**:

 Fast balls only – 50% intensity

 15 pitches/3-5 minute rest/15 pitches

**Level 2**:

 Fast balls only – 60-75% intensity

 15 pitches/3-5 minute rest/15 pitches

**Level 3**:

 Fast balls and change-ups – 75% intensity

 20 pitches/3-5 minute rest/ 20 pitches

**Level 4**:

 Fast balls and change-ups – 75-85% intensity

 15 pitches/3-5 minute rest/15 pitches/3-5 minute rest/15 pitches

**Level 5**:

 Fast balls and change-ups – 75-85% intensity

 15 pitches/3-5 minute rest/15 pitches/3-5 minutes rest/15 pitches

**Level 6**:

 Fast balls, change-ups, sliders and curves – 90% intensity

 20 pitches/3-5 minute rest/20 pitches/3-5 minute rest/20 pitches

 **Level 7**: ***Pitching Against Live Batters***

All pitches – limited off speed (only 25% of total pitches) \*4-5 breaking balls per 20) 90-100 % intensity

 20 pitches/5 minutes/20 pitches/5 minutes/20 pitches/5 minutes/20 pitches

**Level 8**: ***Simulated Game***

 All pitches – 100% intensity

50 – 80 pitches that are broken into 5-7 innings with 3-5 minute rest between each inning

**Progression into Games**

\*Make sure the rehab pitcher is held to the restrictions, so he is not overexerted causing a setback of his progression. It is highly recommended that the player takes gradual steps back to his previous level of competition to ensure a gradual buildup of strength and to limit any type of setback. Ensure that player continues to have days of recovery, active rest (including stretching and shoulder/scapular exercises), total body strength/conditioning, etc.

All pitches

 1 inning/15 pitches (2 days rest between next mound session)

 2 innings/30 pitches (2 days rest between next mound session)

 3 innings/45 pitches (4 days rest between next mound session)

 4 innings/60 pitches (4 days rest between next mound session)

 5 innings/60-75 pitches (4 days rest between next mound session)

Full Unrestricted Pitching/Game Participation: negative clinical exam, completion of throwing program/mound program, coached performance approval, and continued compliance with shoulder flexibility/strengthening program