A close-up of a logo

Description automatically generated

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

Key notes:

* Perform program on every other day basis to allow for recovery time.
* 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.
* Once athlete is able to throw more than 40 yards, may play 10 minutes of recovery catch (non-contact) on days between throwing sessions.
* 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.
* 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

Cool down

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

Ice for 10-15 minutes as pain and swelling dictates

Phase I: Pass Protection

* Level 1: perform 15-25 throws at 10 yards, rest for 2-3 minutes, perform 15-25 throws at 10 yards
* Level 2: perform 10 throws at 10 yards, 15-25 throws at 20 yards, rest for 2-3 minutes, perform 15-25 throws at 20 yards
* Level 3: perform 10 throws at 10 yards, 10 throws at 20 yards, 15-20 throws at 30 yards, rest for 2-3 minutes, perform 15-20 throws at 30 yards
* Level 4: perform 10 throws at 10 yards, 10 throws at 20 yards, 10 throws at 30 yards, rest 3-4 minutes, perform 20 throws at 40 yards, 10 throws at 20 yards
* Level 5: 10 throws at 10 yards, 10 throws at 20 yards, 10 throws at 30 yards, 10 throws at 40 yards, rest 2-3 minutes, perform 10-15 throws at 50 yards, 10 throws at 20 yards

Phase II: Drop, Roll-Out and Route Progression

Warm-up: perform 8-10 minutes of catch progression to 100-120 feet after active warm-up

* Level 1: 3-5 step drop, 30-35 throws (rest 3-5 minute after 15 throws), 5-10 yard routes
* Level 2: 3-5 step drop, 35-40 throws (rest 3-5 minutes after 15 throws), routes 10 yards or less
* Level 3: 3-5 step drop and roll outs, 35-40 throws (rest 3-5 minutes after 15 throws), routes 15-20 yards
  + Must have performed backpedal cone drills (Return to Football, Phase 2, Level 2) for 1 to 2 sessions at 50% prior to performing level.
* Level 4: 3-5 step drop and roll outs, 40-50 throws (rest 3-5 minutes after 15 throws), routes 20 yards and more
* Level 5: 3-5 step drop and roll outs, 40-50 throws (rest 3-5 minutes after 15 throws), routes 20 yards and more
* Level 6: 3-5 step drop and roll outs, 50+ throws (rest 3-5 minutes after 15 throws), vary number of short, intermediate, and long routes evenly (roughly 1/3 of each)

Phase III: Participation in Team Drills

* Level 1: 1 on 1 drills with DB (no contact), all drops and roll outs, 50 + throws (rest 5 minutes after 20 throws)
* Level 2: 7 on 7 drills with no contact, all drops and roll-outs, 50+ throws (rest 5 minutes after 20 minutes)

Phase IV: Participation with Limited Contact

* Participation in all team drills and play in scrimmage situation with limited contact
  + Session 1: contact by unmoving object (play initiates contact bag held by coach)
  + Session 2: contact during movement by expected force (contact with bag while moving)
  + Session 3: light contact during movement by unexpected force

Phase V: Full Participation

* Full unrestricted play with playing time limited initially and progressing to unlimited minutes in preparation for game play