A close-up of a logo

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

* Level 1:
  + 25 throws starting at 15 feet and working back to 30 feet
  + Rest 2-3 minutes
  + 10 throws at 30 feet
* Level 2:
  + 10 throws at 30 feet
  + 15-20 throws at 45 feet
  + Rest 2-3 minutes
  + 10 throws at 30 feet
* Level 3:
  + 10 throws at 30 feet
  + 20-25 throws at 45 feet
  + Rest 2-3 minutes
  + 10-15 throws at 45 feet
* Level 4:
  + 10 throws at 45 feet
  + 15-20 throws at 60 feet
  + 10 throws at 45 feet

Phase II:

* Level 1:
  + 10 throws at 45 feet
  + 10 throws at 60 feet
  + 15-20 throws at 75 feet
  + 10 throws walking back to 45 feet
  + Able to participate in fielding drills at 50% intensity and roll ball back.
* Level 2:
  + 10 throws at 45 feet
  + 10 throws at 60-75 feet
  + 15-20 throws at 90 feet
  + 10 throws walking back to 45 feet
  + Able to participate in fielding drills at 60-75% intensity and roll ball back.
* Level 3:
  + 10 throws at 45 feet
  + 10 throws progressing distance from 60-75 feet
  + 15-20 throws at 100-110 feet
  + 10 throws walking back to 45 feet
  + Able to participate in fielding drills at 75-85% intensity and roll ball back.
* Level 4:
  + 10 throws at 45-60 feet
  + 10 throws progressing distance from 75-90 feet
  + 15 throws at 100-120 feet
  + 5-10 throws at top distance
  + 10 throws walking back to 45 feet
  + Able to participate in fielding drills at 75% intensity and controlled positional throws back to cutoff player from outfield.
  + Athlete may begin 10 minutes of recovery catch one additional day a week for total of 4 throwing days in a week.
* Level 5:
  + 10 throws at 45-60 feet
  + 15 throws progressing distance from 75-90 feet
  + 10 throws at 100-120 feet
  + 10-15 throws at top distance
  + 10 throws walking back to 45 feet
  + Able to participate in fielding drills at 75-85% intensity and controlled positional throws back to cutoff player from outfield.
  + Athlete may begin 10 minutes of recovery catch one additional day a week for total of 4 throwing days in a week.

Phase III: Participation in Team Drills

* Start off balance throws at 50% intensity and gradually build intensity.
* Gradually build intensity with longer throws to infield or catcher.
* Participation in team drills with controlled positional throws initially progressing to real-time decision making.

Phase IV: Full Participation

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