A close-up of a logo

Description automatically generated

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.
* Continue with stretching exercises on daily basis.
* In weeks 4-6, transition to “crow hop” when throwing distance of 75-90 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

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| **Week 1** | | |
| Monday | Wednesday | Friday |
| 30 feet: 25 throws | 30 feet: 30 throws | 30 feet: 10 throws |
|  |  | 45 feet: 10 throws |
|  |  | 30 feet: 10 throws |
| **Week 2** | | |
| Monday | Wednesday | Friday |
| 30 feet: 10 throws | 30 feet: 10 throws | 30 feet: 10 throws |
| 45 feet: 15 throws | 45 feet: 20 throws | 45 feet: 25 throws |
| 30 feet: 10 throws | 30 feet: 10 throws | 30 feet: 10 throws |
| **Week 3** | | |
| Monday | Wednesday | Friday |
| 45 feet: 10 throws | 45 feet: 10 throws | 45 feet: 10 throws |
| 60 feet: 10 throws | 60 feet: 15 throws | 60 feet: 20 throws |
| 45 feet: 10 throws | 45 feet: 10 throws | 45 feet: 10 throws |

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| **Week 4** | | |
| Monday | Wednesday | Friday |
| 45 feet: 10 throws | 45 feet: 10 throws | 45 feet: 10 throws |
| 60 feet: 25 throws | 60 feet: 15 throws | 60 feet: 10 throws |
| 45 feet: 10 throws | 75 feet: 10 throws | 75 feet: 15 throws |
|  | 45 feet: 10 throws | 45 feet: 10 throws |

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| **Week 5** | | | |
| Monday | Wednesday | Friday | Sunday |
| 45 feet: 10 throws | 45 feet: 10 throws | 45-60 feet: 10 throws | Up to 60 feet: |
| 60 feet: 25 throws | 60 feet: 10 throws | 75 feet: 10 throws | Light catch – 30 throws |
| 75 feet: 20 throws | 75 feet: 25 throws | 90 feet: 15 throws |  |
| 45 feet: 10 throws | 45 feet: 10 throws | 45-60 feet: 10 throws |  |

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| **Week 6** | | | |
| Monday | Wednesday | Friday | Sunday |
| 45-60 feet: 10 throws | 45 feet: 10 throws | 45-60 feet: 10 throws | Up to 60 feet: |
| 75 feet: 10 throws | 75 feet: 10 throws | 75 feet: 10 throws | Light catch – 30 throws |
| 90 feet: 15 throws | 90 feet: 20 throws | 90 feet: 25 throws |  |
| 45-60 feet: 10 throws | 45-60 feet: 10 throws | 45-60 feet: 10 throws |  |

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| **Interval Windmill Pitching Program** |

The athlete will perform 1-3 sessions at each level before progressing. Program should be performed with at least 24 hours rest between sessions. Extra recovery days may be needed once the intensity and pitch count increases. When all phases are completed, athlete may progress back into games.

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| **Phase I:** | **Phase II:** |
| Session 1: 2 x 15 pitches at 75% effort | Session 5: 2 x 25 pitches at 100% effort |
| Session 2: 2 x 25 pitches at 75% effort | Session 6: 2 x 35 pitches at 100% effort |
| Session 2: 2 x 35 pitches at 75% effort | Session 7: 2 x 45 pitches at 100% effort |
| Session 4: 2 x 45 pitches at 75% effort |  |
| **Phase III:** | |
| Session 8: 45 fastballs at 100% effort; 15 change ups at 100% effort | |
| Session 9: 45 fastballs at 100% effort; 25 change ups at 100% effort | |
| Session 10: 45 fastballs at 100% effort; 35 change ups at 100% effort | |

**Phase IV:**

Session 11: Pitching against live batters, all pitches at 100% effort

Session 12: Simulated game, all pitches at 100% effort