



RETURN TO THROWING PROGRAM - FIELDERS



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Please fax weekly assessments/progress notes directly to 720-895-1121

Name: _____

Date: _____

Diagnosis: R / L

Date of Surgery: _____

PHASE I: RE-ENTRY TO LONG TOSS

- All throwing MUST be pain free
- Emphasize a “crow-hop” through with follow through until progressed
- Emphasize a high arc on the ball; no hard, ground level throwing
- Always warm-up first: jog, stretch, light toss (10-15 throws x ~30 feet)
- Soreness is expected, especially in the beginning; rest, and use ice and heat between throwing days
- Continue “Throwers 10” maintenance strengthening program during progression
- Any changes in throwing mechanics due to fatigue and/or pain is signal to stop for the day and rest/recover until next session

Repeat each step below approximately three times pain-free before moving to next step

Step	Distance	Routine	Step	Distance	Routine
1	45' (50 throws)	Warm-up throws 25 Throws Rest 15 minutes Warm-up throws 25 throws	5	90' (50 throws)	Warm-up throws 25 Throws Rest 15 minutes Warm-up throws 25 throws
2	45' (75 throws)	Warm-up throws 25 Throws Rest 10 minutes Warm-up throws 25 Throws Rest 10 minutes 25 throws	6	90' (75 throws)	Warm-up throws 25 Throws Rest 10 minutes Warm-up throws 25 Throws Rest 10 minutes 25 throws
3	60' (50 throws)	Warm-up throws 25 Throws Rest 15 minutes Warm-up throws 25 throws	7	120' (50 throws)	Warm-up throws 25 Throws Rest 15 minutes Warm-up throws 25 throws
4	60' (75 throws)	Warm-up throws 25 Throws Rest 10 minutes Warm-up throws 25 throws Rest 10 minutes 25 Throws	8	120' (75 throws)	Warm-up throws 25 Throws Rest 10 minutes Warm-up throws 25 throws Rest 10 minutes 25 Throws

Upon pain-free completion of Step 8, begin transition to Phase II Position Specific Throwing Program

Signature: _____

Date:

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PHASE II: RE-ENTRY FOR FIELDERS

- Fielders must be able to throw, pain-free, 75 times at 120 feet prior to progression to PHASE II
- All throwing must be pain-free, any changes in throwing mechanics due to fatigue and/or pain is signal to stop for the day and rest/recover until next session
- Always emphasize proper mechanics
- Always warm-up first: jog, stretch, light toss (10-15 throws x ~30 feet)
- Soreness is expected, especially in the beginning; rest, and use ice and heat between throwing days
- Continue “Throwers 10” maintenance strengthening program during progression

Step	Routine	Step	Routine
1	Warm up to 180' 15 throws from 120' Rest 10 minutes 20 throws from 120' 20 long toss from 180'	6	Warm up to 250' 5 throws to each cutoff 3 throws to each base (2 nd , 3 rd , home) Rest 5 minutes 2 throws to each cutoff 3 throws to each base 20 long tosses from 250'
2	Warm-up to 200' 15 throws to 150' Rest 10 minutes 20 throws to 150' 20 long toss at 200'	7	Warm up to 250' 5 throws to each cutoff 5 throws to each base (2 nd , 3 rd , home) Rest 5 minutes 5 throws to each cutoff 5 throws to each base 20 long tosses from 250'
3	Warm up to 225' 15 throws from 180' Rest 10 minutes 20 throws from 180' 20 long toss from 225'	8	Warm-up to 250' Fielding practice (grounder, fly balls) 5 throws to each cutoff 5 throws to each base 20 long tosses at 250'
4	Warm up to 250' 15 throws from 200' Rest 10 minutes 20 throws from 200' 20 long toss from 250'	9	Simulated game
5	Warm-up to 250' 5 throws to each cutoff (2 nd , 3 rd , home) Rest 5 minutes 6 throws to each cutoff 20 long tosses from 250'		