



RETURN TO THROWING PROGRAM - PITCHERS



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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

- Pitchers must be able to throw, pain-free, 75 times at 120 feet prior to progression to PHASE II
- All pitchers must follow progression from the mound under supervision of Coach/Therapist/Trainer
- 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 and follow-through
- 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	Long toss (90-120' x 50 throws) 15 fastballs at 50%	8	60 fastballs at 75%
2	Long toss (90-120' x 50 throws) 30 fastballs at 50%	9	45 fastballs at 75% 15 fastballs at BP
3	Long toss (90-120' x 25 throws) 45 fastballs at 50%	10	45 fastballs at 75% 30 fastballs at BP
4	Long toss (90-120' x 25 throws) 60 fastballs at 50%	11	30 fastballs at 75% 15 curve balls at 50% 45-60 fastballs at BP
5	Long toss (120-150' x 25 throws) 30 fastballs at 75%	12	30 fastballs at 75% 30 curve balls at 75% 30 fastballs at BP
6	30 fastballs at 75% 45 fastballs at 50%	13	30 fastballs at 75% 60-90 pitches in BP (25% curve balls)
7	45 fastballs at 75% 15 fastballs at 50%	14	Simulated game: progress by 15 throws per workout

Simulated Game Progression

1. 15 minute warm-up consisting of 50-80 pitches with gradually increasing velocity
2. 5-8 innings
3. 12-18 pitches per inning; including 6-10 fastballs
4. 9 minutes rest between innings