

THROWING PROGRAM

- Throw on line, sub maximal, pain free / comfort zone
- Pay attention to mechanics

Criteria for progression to the next level:

- No pain or stiffness when throwing
- No pain or stiffness after throwing
- All throwing should be effortless motion
- Every other day may go to every 3rd day if fatigue/soreness persists
- Satisfactory response following 3 days of activity at each level

<u>45 FEET:</u>

First day Warm-up throws at 20-45 feet 25 throws at 45 feet 1 set only Rest next day Warm-down throws

Level 2: Warm-up throws at 20-45 feet 25 throws at 45 feet 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days

60 FEET:

Level 1 Warm-up throws at 20-60 feet 25 throws at 60 feet 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days

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Level 2 Warm-up throws at 20-60 feet 25 throws at 60 feet 3 sets Rest 5-10 minutes between sets Warm-down throws Throw on alternate days

<u>90 FEET:</u>

Level 1 Light warm-up throws at 20-90 feet 25 throws at 90 feet 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days.

Level 2

Light warm-up throws at 20-90 feet 25 throws at 90 feet 3 sets Rest 5-10 minutes between sets Warm-down throws Throw on alternate days

105 FEET:

Level 1 Warm-up throws at 20-105 feet 25 throws at 105 feet 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days.

Level 2

Warm-up throws at 20-105 feet 25 throws at 105 feet 3 sets Rest 5-10 minutes between sets Warm-down throws Throw on alternate days

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120 FEET "Hat drills"

Level 1 Warm-up throws at 20-120 feet Hat drill throws at 120 feet (25 throws) 2 sets Rest 10 minutes between sets Warm-down throws Throw on alternate days 10 minute toss on off day

Level 2 Warm-up throws at 20-120 feet Hat drill throws at 120 feet (25 throws) 3 sets Rest 5-10 minutes between sets Warm-down throws Begin flat ground pitching at 45 feet Throw on alternate days 10 minute toss on off day

MOUND PROGRAM:

Fast Ball (FB), Change (CH), Breaking Ball (BrB), Bullpen/Batting Practice (BP)

Level 1	Warm-up throws at 20-120 feet		
	1 set Hat drill throws at 120 feet	25 throws	
	Rest 10 minutes		
	Throw from mount (FB only)	25 throws	
	50 foot throw – move catcher forward		
	Warm-down throws		
	Throw on alternate days		
	10 minute toss on off day		
	Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Off		
Level 2	Warm-up throws at 20-120 feet		
	1 set Hat drill throws at 120 feet	25 throws	
	Rest 10 minutes		
	Throw from mount (FB, CH: 1 of 5 CH)	35 throws	
	55 foot throw – move catcher forward		
	Warm-down throws		
	Throw on alternate days		
	10 minute toss on off day		
	Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Off		

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Level 3	Warm-up throws at 20-120 feet 1 set Hat drill throws at 120 feet	25 throws	
	Rest 10 minutes Throw from mount (FB, CH: 1 of 5 CH) 55 foot throw – move catcher forward	40 throws	
	Warm-down throws		
	Throw on alternate days		
	10 minute toss on off day		
	Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Thr/Off/Off		
Level 4	Routine warm-up		
	Short Bullpen (1 of 5 BrB)	8-10 minutes	
	Routine warm-down		
	10 minute toss on off day		
	Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off		
Level 5	Routine warm-up	10.10	
	Short Bullpen (1 of 5 BrB)	10-12 minutes	
	Routine warm-down		
	10 minute toss on off day		
	Rotate as follows: BP/Off/BP/Off/Off/BP/O	itt/BP/Ott/Ott	
Level 6	Routine warm-up	10.15	
	Full Bullpen	12-15 minutes	
	Routine warm-down		
	10 minute toss on off day		
	Rotate as follows: BP/Off/BP/Off/Off/BP/O	ff/BP/Off/Off	
Level 7	Routine warm-up	o 40 - 1	
	Short Batting Practice	8-10 minutes	
	Routine warm-down		
	10 minute toss on off day		
	Rotate as follows: BP/Off/BP/Off/Off/BP/O	ff/BP/Off/Off	
Level 8	Routine warm-up		
	Short Batting Practice	10-12 minutes	
	Routine warm-down		
	10 minute toss on off day		
	Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off		
Level 9	Routine warm-up		
	Batting Practice/Simulated Game	12-15 minutes	
	Routine warm-down		
	10 minute toss on off day		
	Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off		

Level 10 Routine Pre-game warm-up Pitch in game (40 pitch count) 1-2 Innings Routine Post-game warm-down Increase pitch count and innings based on progress

Pitchers Post Injury Throwing Program

- **Goal:** To establish a total body awareness and control of his throwing movement before being allowed to return to normal pitching duties.
- **Phase 1:** Player starts at a distance of 15 steps, 2-3 sets of 25 throws on a line with 5 minutes recovery between sets.

PASS – FAIL:

If the player can complete this task pain-free, then he may progress to Phase 2 and start the progressive throwing program. If the player can not complete Phase 1 or shows signs of poor range of motion, pain and discomfort – the program must stop at this point. The player will then return to the training room or physical therapy clinic for more treatment and functional work.

Coaching Point:

During all phases of the throwing program, the player must use correct footwork and proper throwing mechanics. This is a must and needs to be monitored to ensure that a controllable amount of stress is placed on the injured area.

Phase 2:

The player shoulder be going through this program, 2 days on, 1 day off. The player will perform only 1 step per day. The player must be pain-free, throw with good arm mechanics/footwork, and have good accuracy (75% of throws must hit in the center chest area) before the athlete may progress to the next step.

Pain with Throwing:

If the athlete experiences pain while throwing, he is to stop throwing at that point of the program, take the day off and drop back one phase in the throwing program the following day.

If the athlete experiences pain or soreness after throwing and the next day it does not improve after warm-up throwing, take the day off and drop back one phase in the throwing program the following day. If the athlete does not experience pain or soreness while throwing, but experiences some soreness the following day and the soreness disappears after warm-up throwing, continue with the program at that step or phase. If the athlete experiences severe or chronic pain or soreness, he returns to the training room for more treatment and functional work. The athlete may need 1-2 days or more of rest and treatment before he returns to the throwing program. The athlete must be pain-free before he returns to the throwing program. If the athlete has been shut down from throwing for a period of time, he should drop back one to two phases or more in the throwing program from where he experienced pain.

Rehab Program

The athlete should throw first, perform the Hitting Progression program second (if position player), rehab exercises third, and finally finish with the strength and conditioning program (with modifications per injury).

Based on:

- Duke Sports Medicine Protocols, Duke University, Durham, North Carolina.
- Reinold, M. Wilk, K. Reed, J. Crenshaw, K. Andrews, JR. Interval Sport Programs: Guidelines for Baseball, Tennis, and Golf. *Journal of Orthopedic & Sports Physical Therapy*. 32(6): 293-298.

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Reviewed. Reg B. Wilcox III, PT; 5/2016