

Interval Throwing Program for Rehabilitation (Accelerated)

Guidelines:

1. This program serves as a general template for the return to throwing process and may need to be modified as needed to ensure a safe and effective individualized progression
2. Expected initiation following UCLR = 16-20 weeks, UCL repair = 12-20 weeks, SLAP repair = 20+ weeks
 - a. ** Following satisfactory criterion-based testing via *Thrower's Readiness Inventory (TRI)*TM
3. Always begin with a **structured warm up** as determined by Physical Therapist/Athletic Trainer
4. Continue all strengthening and stretching activities as prescribed
5. DO NOT THROW THROUGH PAIN – report any symptoms and monitor post-throwing soreness
6. Allow the distance to dictate the intensity – typically, the first 4-6 weeks of throwing are to ensure adequate, progressive loading to condition the affected/repared structures
 - a. Use a slight arc on all throws until later stages
7. Capture video of your throws at least once per week to review mechanics and consistency
8. Hitting and throwing should not begin at the same time – discuss with your provider

PHASE 1: Initiation

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	20 x 30' 25 x 45'	OFF	OFF	20 x 30' 25 x 45'	OFF	20 x 30' 25 x 45'	OFF
Goals:	Graft/tissue adaptation; do NOT focus on performance/intensity						
2	15 x 30' 15 x 45' 5min rest then repeat	OFF	OFF	20 x 30' 25 x 45' 5min rest then repeat	OFF	20 x 30' 25 x 45' 5min rest then repeat	OFF
Goals:	Graft/tissue adaptation; increasing volume, keep intensities low						
3	10 x 30' 10 x 45' 25 x 60'	OFF	10 x 30' 10 x 45' 25 x 60'	OFF	OFF	10 x 30' 10 x 45' 25 x 60'	OFF
Goals:	Graft/tissue adaptation; added distance, still maintain an arc on the ball, focus on keeping mechanics consistent						
4	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat	OFF	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat	OFF	OFF	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat x2	OFF
Goals:	Graft/tissue adaptation; further increase in volume, keep intensities low, expect some soreness						
5	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat x2	OFF
Goals:	Starting to work past mound distance to build arm strength, be mindful of mechanics, don't rush throws						

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PHASE 2: Volume and distance building

6	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90'	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90'	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90'	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5min rest then repeat	OFF
Goals:	Increasing weekly volume and days/throw, maintain stretching and mobility activities						
7	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105'	OFF
Goals:	Now at the critical point where mechanics must be sound or compensations will occur, progress to 105' end-of-week						
8	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat x2	OFF
Goals:	Adding more weekly volume; address any issues prior to progressing to the next phase						
9	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF
Goals:	De-load week; allow for adequate recovery and minimize stress						
10	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat x2	OFF
Goals:	Now up to max distance; long-toss past 120' will alter mechanics in a harmful manner at this time and may pose higher risks during rehabilitation						
11	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF
Goals:	High volume/distance; take your time with the throws						

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12	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat x2	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 15 x 120' 10 x 60' 5 min rest then repeat x2	OFF
Goals:	Further weekly volume with pull-in to 60'; can emphasize flat throws at a sub-max intensity						

FOR PROGRESSION TO PHASE 3:

- ☐ Completion of Phase 1 & 2 without significant discomfort
- ☐ Appropriate mechanics as determined by PT/AT/Coaches
- ☐ No swelling or soreness that lasts >48 hours
- ☐ Adequate performance

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PHASE 3: Position-specific performance

PITCHER							
13	3min x 60' 3min x 90' 3min x 60'	3min x 60' 3min x 90' 3min x 60'	3min x 60' 3min x 90' 3min x 60'	OFF	3min x 60' 3min x 90' 3min x 60'	3min x 60' 3min x 90' 3min x 60'	3min x 60' 3min x 90' 3min x 60'
Goals:	Focus on throwing the ball on a line at 90', work on ball location/accuracy when pulling back in to 60'						
14	OFF	5 x 60' 5 x 75' 10 x 90' Mid x25 FB	4min x 60' 4min x 90' 4min x 60'	OFF	5 x 60' 5 x 75' 10 x 90' Top x25 FB	5min x 60' 5min x 90' 5min x 60'	Light toss to 60' x 5min
Goals:	Mid = mid-mound; Top = top-mound, focus on location/accuracy						
15	OFF	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x5 CH Top x5 CB/SL	3min x 60' 3min x 90' 3min x 60'	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x5 CH Top x5 CB/SL	OFF	5 x 60' 5 x 75' 10 x 90' Top x20 FB Top x5 CH Top x5 CB/SL	3min x 60' 3min x 90' 3min x 60'
Goals:	Working in breaking pitches; maintain focus on mechanics						
16	10 live pitches (all) 5 min rest then repeat x2	OFF	10 x 60' 10 x 75' 10 x 90' 10 x 105' 10 x 120'	10 live pitches (all) 5 min rest then repeat x2	OFF	3min x 60' 3min x 90' 3min x 60'	OFF
Goals:	Player-preferred warm up; 3 innings simulated all pitches						

INFIELDER							
13	5 x 60' 5 x 90' 5 x 120' 5 x 150' 5 GB to 1B 5 GB to 2B 5 GB to 3B 5 GB to home	OFF	5 x 60' 5 x 90' 5 x 120' 5 x 150' 5 GB to 1B 5 GB to 2B 5 GB to 3B 5 GB to home	Light toss to 90' x 10min	5 x 60' 5 x 90' 5 x 120' 5 x 150' 5 GB to 1B 5 GB to 2B 5 GB to 3B 5 GB to home	Off	Light toss to 90' x 10min
Goals:	GB = ground balls. Player-preferred warm-up prior to throws; work on location and accuracy from your position						
14	5 x 60' 5 x 90' 5 x 120' 5 x 150' 10 GB to 1B 10 GB to 2B 10 GB to 3B 10 GB to home	5 x 60' 5 x 90' 5 x 120' 5 x 150' 10 GB to 1B 10 GB to 2B 10 GB to 3B 10 GB to home	OFF	5 x 60' 5 x 90' 5 x 120' 5 x 150' 10 GB to 1B 10 GB to 2B 10 GB to 3B 10 GB to home	5 x 60' 5 x 90' 5 x 120' 5 x 150' 10 GB to 1B 10 GB to 2B 10 GB to 3B 10 GB to home	OFF	5 x 60' 5 x 90' 5 x 120' 5 x 150' 10 GB to 1B 10 GB to 2B 10 GB to 3B 10 GB to home
Goals:	GB = ground balls. Work on throwing hard, on-line with good accuracy						
15	5 x 60' 5 x 90' 5 x 120' 5 x 150' 40 situational GB to any base	5 x 60' 5 x 90' 5 x 120' 5 x 150' 40 situational GB to any base	OFF	5 x 60' 5 x 90' 5 x 120' 5 x 150' 40 situational GB to any base	5 x 60' 5 x 90' 5 x 120' 5 x 150' 40 situational GB to any base	OFF	5 x 60' 5 x 90' 5 x 120' 5 x 150' 40 situational GB to any base
Goals:	GB = ground balls. Transitioning to situational work to any base, turning double plays, should look like traditional infielders' practice						

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OUTFIELDER							
13	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	OFF	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat x2	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat
Goals:	Now up to 150'; keep intensity moderate (no max-effort throws on a run)						
14	5 x 60' 5 x 90' 5 x 105' 5 x 120' 25 x 150' 5 min rest then repeat	OFF	5 x 60' 5 x 90' 5 x 105' 5 x 120' 25 x 150' 5 min rest then repeat	5 x 60' 5 x 90' 5 x 105' 5 x 120' 25 x 150' 5 min rest 5 x 90' 5 x 120' 10 x 150' 10 x 180'	OFF	5 x 60' 5 x 90' 5 x 105' 5 x 120' 25 x 150' 5 min rest 5 x 90' 5 x 120' 10 x 150' 10 x 180'	OFF
Goals:	Up to 180'; ensure adequate recovery, stretching, mobility after and between throwing days						
15	5 x 60' 5 x 90' 5 x 105' 5 x 120' 10 x 150' 20 x 180' 5 min rest then repeat	OFF	5 x 60' 5 x 90' 5 x 105' 5 x 120' 10 x 150' 20 x 180' 5 min rest then repeat	5 x 60' 5 x 90' 5 x 105' 5 x 120' 5 x 150' 10 x 180' 5 min rest 5 x 90' 5 x 120' 5 x 150' 10 x 180' 10 x 210'	OFF	5 x 60' 5 x 90' 5 x 105' 5 x 120' 5 x 150' 10 x 180' 5 min rest 5 x 90' 5 x 120' 5 x 150' 10 x 180' 10 x 210'	OFF
Goals:	High volume and up to 210'; may need to adjust number of throws based on fatigue						
16	5 x 60' 5 x 90' 5 x 120' 5 x 150' 10 x 180' 10 x 210' 5 min rest then repeat	OFF	5 x 60' 5 x 90' 5 x 120' 5 x 150' 10 x 180' 10 x 210' 5 min rest then repeat	5 x 60' 5 x 90' 5 x 120' 5 x 150' 5 x 180' 10 x 210' 5 min rest 5 x 90' 5 x 120' 5 x 150' 5 x 180' 10 x 210' 10 x 240'	OFF	5 x 60' 5 x 90' 5 x 120' 5 x 150' 5 x 180' 10 x 210' 5 min rest 5 x 90' 5 x 120' 5 x 150' 5 x 180' 10 x 210' 10 x 240'	OFF
Goals:	Up to max distance of 240'; focus on location/accuracy of throws						

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CATCHER							
13	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat x2	OFF
Goals:	Now up to 150'; keep intensity moderate (no max-effort throws from a pop)						
14	10 x 60' 10 x 75' 15 x 90' 4 throws to 1B (2 PO, 2 bunt) 4 throws to 3B (2 steal, 2 bunt)	10 x 60' 10 x 75' 10 x 90' 10 x 105' 10 x 120'	OFF	10 x 60' 10 x 75' 15 x 90' 6 throws to 1B (3 PO, 3 bunt) 6 throws to 3B (3 steal, 3 bunt)	OFF	5 x 60' 5 x 75' 5 x 90' 10 x 105' 6 throws to 1B 4 throws to 2B 6 throws to 3B	OFF
Goals:	Throws to base from catcher's position – 75% effort						
15	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 6 throws to 1B 6 throws to 2B 6 throws to 3B	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 6 throws to 1B 6 throws to 2B 6 throws to 3B	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 6 throws to 1B 6 throws to 2B 6 throws to 3B	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 8 throws to 1B 8 throws to 2B 8 throws to 3B	OFF
Goals:	90% effort first two sessions, 100% effort for the following two						

RETURN TO COMPETITION

- ☐ Throwing program complete
- ☐ Clearance granted from operating physician
- ☐ Clearance from physical therapist/athletic trainers
- ☐ Clearance from coaches