

# Brad C. Carofino, M.D.

## Shoulder Specialist

Team Physician: Norfolk Tides

Phone 757-321-3300

Athletic Trainer: Brice A. Snyder 757-679-3407



## Interval Throwing Program for: Returning Un-Injured Position Players

- This interval throwing program is geared towards a progressive return to play for position players who are healthy and coming out of the offseason. This program outlines 60 days of throwing.

<b>Soreness Rules</b>	
If no soreness, advance to the next throwing day.	
If sore during warm-up but soreness is gone within the first 15 throws, repeat the previous workout.	
If shoulder becomes sore during the days' workout, stop and take 2 days off. Upon return to throwing, drop down one step.	
If sore more than 1 hour after throwing, or the next day, take 1 day off and repeat the most recent throwing program workout.	
If sore during warm-up and soreness continues through the first 15 throws, stop throwing and take 2 days off. Upon return to throwing, drop down to the previous day	

DAY	NUMBER OF REPETITIONS	NUMBER OF THROWS	DISTANCE (ft')
1	2	25	60'
2	OFF		
3	2	25	60'
4	OFF		
5	2 1	25 25	60' 90'
6	OFF		
7	2 1	25 25	60' 90'
8	OFF		
9	1 2	25 25	60' 90'
10	OFF		
11	1 2	25 25	60' 90'
12	OFF		
13 Long Toss (Use crow hop 120' and beyond)	1 1 1	25 25 25	60' 90' 120'
14	OFF		

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15	1 1 1	25 25 25	60' 90' 120'
16	OFF		
17	1 1 1	25 25 25	60' 90' 120'
18	OFF		
19	1 1 1 1	15 15 15 15	60' 90' 120' 150'
20	OFF		
21	1 1 1 1	15 15 15 15	60' 90' 120' 150'
22	OFF		
23	1 1 1 1 1	15 15 15 15 15	60' 90' 120' 150' 90'
24	OFF		
25	1 1 1 1 1	15 15 15 15 15	60' 90' 120' 150' 90'
26	OFF		
27	1 1 1 1 1	15 15 15 15 15	60' 90' 120' 150' 90'
28	OFF		
29	1 1 1 1 1 1	10 10 10 10 10 10	60' 90' 120' 150' 150-180' (max. comfort dist.) 90'
30	OFF		
31	1 1 1	10 10 10	60' 90' 120'

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	1	10	150'
	1	15	150-180'
	1	10	90'
32	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
33	1	10	150'
	1	15	150-180'
	1	10	90'
34	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	1	15	150-180'
	1	10	90'
35	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	1	15	150-180'
	1	10	90'
36	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
37	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
38	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
39	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
40	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
41	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
42	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
43	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
44	OFF		
45	1	10	60'

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	1	10	90'
	1	10	120'
	1	10	150'
	2	10	150-180'
	1	10	90'
46	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
47	1	10	150'
	2	10	150-180'
	1	10	90'
	1	10	60'
48	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
49	1	10	150'
	2	10	150-180'
	1	10	90'
	1	10	60'
50	OFF		
	1	10	60'
	1	10	90'
	1	10	120'
51	1	10	150'
	2	10	150-180'
	1	10	90'
	1	10	60'
52	OFF		
53	1	25	90'-150'
Warm-up to comfort	1	25	150'-180'
54	OFF		
55	1	25	90'-150'
Warm-up to comfort	1	25	150'-180'
56	OFF		
57	1	25	90'-150'
Warm-up to comfort	1	25	150'-180'
58	OFF		
59	1	25	90'-150'
Warm-up to comfort	1	25	150'-180'
60	OFF		
<p><b>Continue program as needed. Transition to a regular warm up prior to position training/practice</b></p>			