

Return to Throwing Protocol

An athlete is ready to be begin a throwing progression once he or she is pain free and has no motion or strength deficits in the arm. The throwing program below is not a competition or a race – do not skip steps. Throw with a friend, parent, therapist, etc, not the team. You will need a field or measuring device to determine the exact feet marked. *For softball players, please multiply the distances by 0.67 to have the equivalent to the baseball distances listed below.* For long toss throwing, throws should be on an “arc” rather than on a “line.” This program is a strict speed limit – it is not a goal. Progressing too quickly or aggressively will increase risk of re-injury.

- Both position players and pitchers should begin at week 1; for pitchers who do not hit, then days in between flat ground throwing should be strength and conditioning and/or days off.

	Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Fielders	1	Hitting	45'x50	Hitting	45'x75	Hitting	60'x50	Hitting
	2	60'x75	Hitting	90'x50	Hitting	90'x75	Hitting	120'x50
	3	Hitting	120'x75	Hitting	150'x50	Hitting	150'x75	Hitting
	4	180'x50	Hitting	180'x75	Hitting	180'x50	Hitting	RTP

- At this stage position players may return to play, pitchers will continue to mound progression below:

	Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Pitchers	5	50%x15	Rest	Long Toss	50%x30	Rest	Long Toss	50%x45
	6	Rest	Long Toss	50%x60	Rest	Long Toss	50%x70	Rest
	7	Long Toss	50%x45+	Rest	Long Toss	50%x30+	Rest	Long Toss
	8	50%x10+	75%x30	Rest	75%x60	Rest	Long Toss	75%x45
	9	Rest	Long Toss	75%x(30+15)	Rest	Long Toss	75%(30+30)	Rest
	10	Long Toss	75%x30	Rest	Long Toss	Simulated Game	Rest	Long Toss
	11	RTP						

- Throwing program developed by Peter Chalmers, MD (<https://www.chalmersmd.com>)



Physical therapy protocols, post-operative instructions, and other information can all be accessed at any time at www.frantzorthopedics.com