

RE-ENTRY THROWING PROGRAM

Criteria for Entry

1. Full, pain free ROM
2. Normal, pain free muscle strength
3. MMT<10% deficit bilaterally
4. Satisfactory functional testing
5. Physician approval

Considerations

1. Emphasize pre-throwing warm-up and stretching
 - should perform light jogging or other general body activity
 - follow with stretching of the shoulder (self or manual)
 - light toss warm-up throws at approximately 30-60 feet (up to 50 reps)
2. Goal is to complete each phase before progressing to the next
 - if unable to complete a phase, rest one day and try again
 - all throwing must be pain free
3. Proper throwing mechanics are essential to injury prevention
 - use the "crow-hop" method of throwing for long toss activities
 - long toss throws should have a high arc on the ball
 - follow through is vital
 - for pitchers, throwing from mound should be done under the supervision of a coach only
4. Perform strengthening exercises after throwing workouts
 - emphasize light weight and high reps (shoulder specific)
 - exercise to fatigue
5. Rest days are essential
 - soreness is to be expected; control pain with heat and ice where indicated
 - rest one day before progressing to the next step or phase
 - perform light stretching and aerobic activities on rest days
6. Stop throwing if sharp pains are experienced
 - players should notify ATC immediately
7. When phase I is complete (75 x 180 f), progress to specific throwing - pitchers progress to mound
 - positions players move to position

PHASE I: LONG TOSS

- All players must begin re-entry with this phase
- Throwing is performed every other day
- All throwing must be pain free
- Emphasize a “crow-hop” throw with proper follow thru
- Always warm-up first; jog, stretch, light tossEd (30-60 f)
- Continue a maintenance strengthening program; perform after throwing
- Soreness is expected, rest and use ice and heat when indicated by the trainer
- After completion of Phase I, progress to specific position

STEP 1: Distance: 45 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 45 f

Rest 15 minutes

Warm-up throws

25 throws @ 45 f

Rest 15 minutes

STEP 2: Distance: 45 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 45 f

Warm-up throws

Rest 10 minutes

25 throws @ 45 f

Warm-up throws

Rest 10 minutes

25 throws @ 45 f

STEP 3: Distance 60 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 60 f

Rest 15 minutes

Warm-up throws

25 throws @ 60 f

Rest 15 minutes

STEP 4: Distance 60 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 60 f

Warm-up throws

Rest 10 minutes

25 throws @ 45 f

Warm-up throws

Rest 10 minutes

25 throws @ 60 f

STEP 5: Distance: 90 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 90 f

Rest 15 minutes

Warm-up throws

25 throws @ 90 f

Rest 15 minutes

STEP 6: Distance: 90 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 90 f

Warm-up throws

Rest 10 minutes

25 throws @ 90 f

Warm-up throws

Rest 10 minutes

25 throws @ 90 f

STEP 7: Distance: 120 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 90 f

Rest 15 minutes

Warm-up throws

25 throws @ 90 f

Rest 15 minutes

STEP 8: Distance: 120 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 120 f

Warm-up throws

Rest 10 minutes

25 throws @ 120 f

Warm-up throws

Rest 10 minutes

25 throws @ 120 f

STEP 9: Distance: 150 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 150 f

Rest 15 minutes

Warm-up throws

25 throws @ 150 f

Rest 15 minutes

STEP 10: Distance: 150 f

Routine: Warm-up throws (15-20 @ 30-60 f)

25 throws @ 120 f

Warm-up throws

Rest 10 minutes

25 throws @ 120 f
Warm-up throws
Rest 10 minutes
25 throws @ 120 f

STEP 11: Distance: 180 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 180 f
Rest 15 minutes
Warm-up throws
25 throws @ 180 f
Rest 15 minutes

STEP 12: Distance: 180 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 180 f
Warm-up throws
Rest 10 minutes
25 throws @ 180 f
Warm-up throws
Rest 10 minutes
25 throws @ 180 f

COMPLETION TIME: APPROXIMATELY ONE MONTH

PITCHERS: progress to preseason/re-entry program from mound

POSITIONAL PLAYERS: progress to preseason/re-entry program for specific position

BATTING: unrestricted in preseason, physician approval needed for re-entry (if not already approved)

PHASE II: RE-ENTRY FOR PITCHERS

- Pitchers must be able to throw 75 times at 180 f pain free
- All pitchers must follow this progression under supervision of coach or athletic trainer
- All throwing must be pain free
- Emphasize proper body mechanics and follow through
- Always warm-up first; jog, stretch, light toss (30-60 f)
- Soreness is expected; rest and use ice or heat where indicated
- Continue maintenance strengthening program; perform after throwing

STEP 1: Long toss (90-120 f x 50 throws)
15 fastballs @ 50%

STEP 2: Long toss (90-120 f x 50 throws)
30 Fastballs @ 50 %

STEP 3: Long toss (90-120 f x 25 throws)
45 fastballs

STEP 4: Long toss (90-120 f x 25 throws)
45-60 Fastballs @ 50%

STEP 5: Long toss (90-120 f x 25 throws)
30 Fastballs @ 75%

STEP 6: 30 Fastballs @ 75%
5 minutes rest
45 Fastballs @ 50%

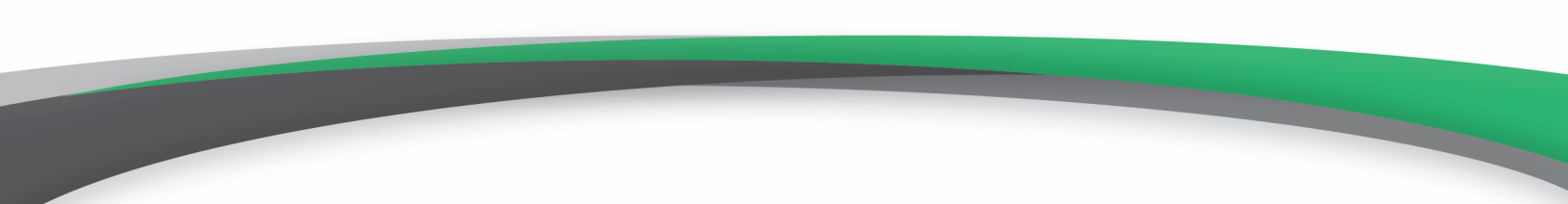
STEP 7: 45 Fastballs @ 75%
5 Minutes rest
15 fastballs @ 50%

STEP 8: 45-60 Fastballs @ 75%

STEP 9: 30-45 Fastballs @ 75%
15 Fastballs at BP

STEP 10: 30-45 Fastballs @ 75%
5 Minutes rest
20-30 Curveballs @ 75%
5 Minutes rest
30 Fastballs at BP


STEP 11: 20-30 Fastballs @ 75%
5 Minutes rest
15 Curveballs @ 50%
5 Minutes rest
30-45 Fastballs at BP



STEP 12: 30 Fastballs @ 75%
5 Minutes rest
20-30 Curveballs @ 75%
5 Minutes rest
30 Fastballs at BP

STEP 13: 30 Fastballs @ 75%
Up to 45 pitches in BP
(25% curve)

STEP 14: Simulated Game



PHASE II: RE-ENTRY FOR INFIELDBERS

- Infielders must be able to throw 75 times @ 180 f pain free before entering this phase
- All infield players (except catchers) must follow this progression
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing techniques
- Always warm-up first; jog, stretch, light toss (30-60 f)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing

STEP 1: Warm-up to 150 f (15-20 throws)

15 throws from position to 1B

Rest 10 minutes

15 throws from position to 1B

Rest 10 minutes

20 Long toss @ 150 f

STEP 2: Warm-up to 150 f (15-20 throws)

15 throws from position to 1B (50% backhand, 50% glove-side)

Rest 10 minutes

15 throws from position to 1B (50% backhand, 50% glove-side)

20 long toss @ 150 f

STEP 3: Warm-up to 150 f (15-20 throws)

15 throws from position to 1B w/feet planted (backhand)

Rest 5 minutes

15 throws from position to 1B w/feet planted (glove-side)

Rest 5 minutes

20 long toss @ 150 f

STEP 4: Warm-up to 150 f

Fielding and batting practice

20 long toss @ 180 f

STEP 5: Simulated game

PHASE II: RE-ENTRY FOR OUTFIELDERS

- Outfielders must be able to throw 75 times @ 180 f pain free before entering this phase
- All infield players (except catchers) must follow this progression
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing techniques
- Always warm-up first; jog, stretch, light toss (30-60 f)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing
- Outfielders should have fielding and catching drill work in addition to this progression

STEP 1: Warm-up to 180-200 f (up to 15 throws)

15 throws @ 120-150 f
Rest 10 minutes
20 throws @ 120-150 f
20 long toss @ 180-200 f

STEP 2: Warm-up to 200-220 f (up to 15 throws)

15 throws @ 180-200 f
Rest 10 minutes
20 throws @ 180-200 f
10 long toss @ 225-250 f

STEP 3: Warm-up to 225-250 f (up to 15 throws)

5 throws to each base (2B, 3B, Home)
Rest 5 minutes
6 throws to each cut-off (2B, SS)
10 long toss @ 225-250 f

STEP 4: Warm-up to 225-250 f (up to 15 throws)

5 throws to each base (2B, 3B, Home)
3 throws to each cut-off (2B, SS, Infield cut)
Rest 5 minutes
2 throws to each base (2B, 3B, Home)
3 throws to each cut-off (2B, SS, Infield cut)
10 long toss up to 250 f

STEP 5: Warm –up to 250 f

5 throws to each base
5 throws to each cut-off
Rest 10 minutes
5 throws to each base
5 throws to each cut-off
10 long toss up to 250 f

STEP 6: Simulated game

PHASE III: RE-ENTRY FOR CATCHERS (OPTIONAL)

- Catchers must complete the infielders re-entry program before entering this phase
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing technique
- Always warm-up first: jog, stretch, light toss (30-60 f)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing
- Catchers should have fielding and catching drill work in addition to this progression

STEP 1: Warm-up to 150 f (up to 15 throws)

15 throws @ 60 f
15 throws @ 90 f
15 throws @ 120 f
Rest 10 minutes
15 throws from squat @ 60 f
15 throws from squat @ 90 f
15 throws from squat @ 120 f
10 long toss @ 120 f

STEP 2: Warm-up to 150 f

20 throws to mound from squat after pitch
10 throws to each base from squat after pitch
Rest 10 minutes
30 throws to mound from squat after pitch
10 throws to each base from squat after pitch
20 long toss @ 150 f

STEP 3: Warm-up to 150 f

20 throws to mound from squat after pitch
10 throws to each base from squat after pitch
Rest 5 minutes
10 throws to each base after bunt
30 throws to mound from standing
20 long toss @ 150 f

STEP 4: Simulated game