

## Gradual Return to Throwing & Pitching

### Prerequisites:

- Normal range of motion
- Normal strength (especially internal & external rotation)
- No significant pain

### Guidelines

- Continue with strengthening exercises to the wrist, elbow and shoulder.
- Start a total body conditioning program.
- May include running and bicycling.
- May begin easy tossing (no wind-up), start with 25 to 30 throws, building up to 70 throws and gradually increase the throwing distance.
- NOTE: The throwing program is performed 3-4 times per week. Apply Ice after each throwing session to help decrease the inflammatory response to microtrauma.

# of THROWS	DISTANCE (ft)
20	20 (warm-up phase)
25-40	30-40
10	20 (cool down phase)

- Continue the throwing program by tossing the ball with an easy wind-up on alternate days.

# of THROWS	DISTANCE (ft)
10	20 (warm-up)
10	30-40
30-40	50
10	20-30 (cool down)

- Continue increasing the throwing distance to a maximum of 60 feet, up to 120 feet.
- Continue tossing the ball with an occasional throw at no more than half speed.
- Continue specific throwing / rehabilitation program.
- May throw off the mound, approx. at half-speed, working on mechanics
- Continue general conditioning program