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Orthopedics & Sports Medicine

Return to Throwing Protocol (Accelerated)

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.

- The accelerated protocol should only be used for minor, in-season injuries in position players. It is not applicable to pitchers.

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