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sportsmedindiana.com**Orthopedics & Sports Medicine*****Return to Throwing Protocol (Extended)***

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.

Extended Protocol for Pitchers								
Flat Ground	Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	Rest	45'x50	Rest	45'x50	Rest	45'x75	Rest
	2	45'x50	Rest	45'x75	Rest	60'x50	Rest	45'x75
	3	Rest	60'x50	Rest	60'x75	Rest	60'x50	Rest
	4	60'x75	Rest	90'x50	Rest	60'x75	Rest	90'x50
	5	Rest	90'x75	Rest	90'x50	Rest	90'x75	Rest
	6	120'x50	Rest	120'x75	Rest	120'x50	Rest	120'x75
	7	Rest	150'x50	Rest	120'x75	Rest	150'x50	Rest
	8	150'x75	Rest	150'x50	Rest	150'x75	Rest	180'x50
	9	Rest	150'x75	Rest	180'x50	Rest	180'x75	Rest
	10	180'x50	Rest	180'x75	Rest	180'x50	Rest	Mound



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

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	Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Mound	11	50%x15	Rest	Long Toss	Rest	50%x30	Rest	Long Toss
	12	Rest	50%x15	Rest	Long Toss	Rest	50%x30	Rest
	13	Long Toss	Rest	50%x45	Rest	Long Toss	Rest	50%x30
	14	Rest	Long Toss	Rest	50%x45	Rest	Long Toss	Rest
	15	50%x60	Rest	Long Toss	Rest	50%x45	Rest	Long Toss
	16	Rest	50%x60	Rest	Long Toss	Rest	50%x70	Rest
	17	Rest	Long Toss	Rest	50%x60	Rest	Long Toss	Rest
	18	50%x70	Rest	Long Toss	Rest	50%x30+ 75%x45	Rest	Long Toss
	19	Rest	50%x70	Rest	Long Toss	Rest	50%x30+ 75%x45	Rest
	20	Long Toss	Rest	50%x10+ 75%x65	Rest	Long Toss	Rest	50%x30+ 75%x45
	21	Rest	Long Toss	Rest	50%x10+ 75%x65	Rest	Long Toss	Rest
	22	75%x60 +BPx15	Rest	Long Toss	Rest	50%x10+ 75%x65	Rest	Long Toss
	23	Rest	75%x60 +BPx15	Rest	Long Toss	Rest	75%x45 +BPx45	Rest
	24	Long Toss	Rest	75%x60 +BPx15	Rest	Long Toss	Rest	75%x45 +BPx45
	25	Rest	Long Toss	Rest	75%x(30+15)+ BPx60	Rest	Long Toss	Rest
	26	75%x45 +BPx45	Rest	Long Toss	Rest	75%x(30+15)+ BPx60	Rest	Long Toss
	27	Rest	75%(30+30) +BPx30	Rest	Long Toss	Rest	75%x(30+15)+ BPx60	Rest
	28	Long Toss	Rest	75%(30+30) +BPx30	Rest	Long Toss	Rest	75%x30 +BPx90
	29	Rest	Long Toss	Rest	75%(30+30) +BPx30	Rest	Long Toss	Rest
	30	75%x30 +BPx90	Rest	Long Toss	Rest	Simulated Game	Rest	Long Toss
	31	RTP						

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



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