



### ***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+   | Rest      | Long Toss   | 75%x60    | Rest           | Long Toss  | 75%x45    |
|          |      | 75%x65    | Rest      | Long Toss   | +BPx15    | Rest           | Long Toss  | +BPx45    |
|          | 9    | Rest      | Long Toss | 75%x(30+15) | Rest      | Long Toss      | 75%(30+30) | Rest      |
|          |      |           | 75%x30    | +BPx60      |           | Long Toss      | +BPx30     |           |
|          | 10   | Long Toss | +BPx90    | Rest        | Long Toss | Simulated Game | Rest       | Long Toss |
| 11       | RTP  |           |           |             |           |                |            |           |

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

