



Interval Throwing Program – Position Player
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- This is a twelve step return to throwing program designed to provide an outline for post-surgical and non-operative patients. Post-surgically, it is necessary to strictly adhere to each step of this program based upon the surgical intervention. Non-operatively, the athlete may progress at an accelerated rate deemed appropriate by the treating physician, athletic trainer, and physical therapist. This program should be modified to meet the needs of the individual athlete.
- The throwing program is to be preceded by 10 minutes of stationary biking or jogging followed by a thorough stretching of the upper and lower extremity.
- The athlete must complete three throwing sessions without pain prior to advancing to the next level.
- The throwing program should be performed when the athlete is “fresh”. Strength and conditioning exercises should be performed after the throwing program.
- This program is designed to be done three days per week with one day rest between throwing sessions.
- Begin each level with 3 X 15 throws; progress to 3 X 25 throws as strength and endurance improves. Advance to the next level following successful completion of 3 X 25 throws at a given level.

Long Toss

Level One: 30-45 feet

5 minute of warm-up throwing
3 sets of 15 throws progressing to 3 X 25 throws
3-5 minute rest interval between sets

Level Two: 60 feet

5 minute of warm-up throwing
3 sets of 15 throws progressing to 3 X 25 throws
3-5 minute rest interval between sets

Level Three: 75-90 feet

5 minute of warm-up throwing
3 sets of 15 throws progressing to 3 X 25 throws
3-5 minute rest interval between sets

Level Four: 100-110 feet

5 minute of warm-up throwing
3 sets of 15 throws progressing to 3 X 25 throws
3-5 minute rest interval between sets

Level Five: 120 feet

5 minute of warm-up throwing

3 sets of 15 throws progressing to 3 X 25 throws

3-5 minute rest interval between sets

Level Six: Traditional long toss of 150-180 feet/flat ground work

5 minute of warm-up throwing

10-12 minutes of progressive throwing working from 150 to 180 feet

1 set of 15 at 60 feet on flat ground progressing to 3 sets