



SPECTRUM MEDICAL

Surgical Date: _____

Rehab Start Date: _____

Short Throwing Protocol

SHORT DURATION INTERVAL THROWING PROGRAM (21 DAY)

The interval-throwing program is designed so that the athlete can achieve each individual level of throwing without pain or complication. The SDITP should be supplemented with a weight training program and a flexibility program to maintain the athlete in a top physical condition. Weight training should be done on a throwing day and should emphasize high repetition with low weight as a maintenance program for the athlete. The athlete should be throwing every other day and using the day between for flexibility and rest. This program has been set up to minimize the risk for re-injury and emphasize pre-throwing warm-up, stretching, proper body and throwing mechanics, and the importance of weight training with the throwing athlete.

Baseline requirements of throwing include:

1. Clearance by the athlete's physician
2. Pain-free range of motion
3. Adequate muscle power
4. Adequate muscle resistance to fatigue

The athlete should warm-up by jogging, biking, or jumping rope to increase blood flow and increase the muscular flexibility. Following warm-up, stretching should be performed. Emphasis should be placed on proper throwing and body mechanics. The distance of the throw determines the velocity of the throw and the ball should only have enough speed to travel the appropriate distance. The athlete should begin with warm-up throws.

During the recovery process the athlete may experience soreness and possibly a dull, aching sensation in the muscles and tendons. If the athlete experiences sharp pain, particularly in the joint, stop all throwing activity until the pain ceases and call the athlete's physician if pain continues.

This program is based on an individual thrower, and because all throwers will vary, there is no time for completion of the program. It is essential that the thrower complete each individual phase with the proper throwing and body mechanics and without an increase in pain. This sets up a progression that an individual goal is achieved prior to advancement instead of advancing at a specified time. This will greatly decrease the chance for re-injury and greatly increase the most adequate and safest route to return to competition.

Day 1:

- 45' – 30 Throws
- 60' – 30 Throws

Day 2:

- 45' – 45 Throws
- 60' – 45 Throws

Day 3:

- 60' – 125 Throws

Day 4:

- 60' – 85 Throws
- 90' – 30 Throws
- 60' – 20 Throws

Day 5: → Rest

Day 6:

- 60' – 100 Throws
- 90' – 30 Throws
- 60' – 20 Throws



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Day 7:

- 60' – 50 Throws
- 90' – 50 Throws
- 60' – 50 Throws

Day 8:

- 60' – 50 Throws
- 90' – 50 Throws
- 120' – 25 Throws
- 60' – 20 Throws

Day 9: → Rest

Day 10:

- 60' – 50 Throws
- 90' – 20 Throws
- 120' – 50 Throws
- 60' – 20 Throws

Day 11:

- 60' – 50 Throws
- 90' – 20 Throws
- 120' – 60 Throws
- 60' – 20 Throws

Day 12: → Rest

Day 13:

- 60' – 100 Throws
- Bullpen pitching (Fastballs only): 25 Pitches @ 75% Effort

Day 14:

- 45' – 50 Throws
- 90' – 30 Throws
- 120' – 20 Throws
- 45' – 50 Throws

Day 15:

- 60' – 100 Throws
- Bullpen pitching (Fastballs & Change-ups only): 35 Pitches @ 80% Effort

Day 16: → Rest

Day 17:

- 60' – 100 Throws
- Bullpen pitching (All Pitches): 45 Pitches @ 100% Effort

Day 18:

- 45' – 50 Throws
- 90' – 30 Throws
- 120' – 20 Throws
- 45' – 50 Throws

Day 19: → Simulated Game (25 Pitches)

Day 20:

- 45' – 50 Throws
- 90' – 30 Throws
- 120' – 20 Throws
- 45' – 50 Throws

Day 21: → Game (25-35 Pitches)