



DFW Sports Medicine

www.dfwsportsmed.com

Returning to Throwing/Pitching after an injury:

To begin this program you need to have full range of motion in the shoulder and your shoulder strength should be 90-100% of normal.

1. As you return to throwing always begin with an aerobic warm-up with running, jogging, bicycling to increase your blood flow.
2. Throws should use the “Crow- Hop” method with the objective to throw the distance assigned without pain and the specified number of feet.
3. Program is to be performed every other day unless specified by your physician or physical therapist.

Throwing sessions: (See below)

Step 1 45 feet 2 cycles

Step 2 45 feet 3 cycles

Step 7 120 feet 2 cycles

Step 8 120 feet 3 cycles

Step 13 180 feet 2 cycles

Step 14 Begin throwing off the mound or return to respective position.

Step 3 60 feet 2 cycles

Step 4 60 feet 3 cycles

Step 9 150 feet 2 cycles

Step 10 150 feet 3 cycles

Step 5 90 feet 2 cycles

Step 6 90 feet 3 cycles

Step 11 180 feet 2 cycles

Step 12 180 feet 3 cycles

For 2 cycles:

1. Each throwing session should begin with overall warm-up using the “Crow-Hop” technique at comfortable distance (approximately 30 feet).
2. This warm-up is followed by beginning a cycle of 25 gentle throws with the “Crow-Hop” method at the assigned distance 45, 60, 90, or 120 feet.
My throwing distance is _____
3. After the initial 25 throws the athlete should rest the arm for 10-15 minutes and, if there is no pain, continue to throw second 25 throws.

For 3 cycles add:

1. A second rest period of 10-15 minutes and, if there is not pain reported, the athlete can compete the last 25 throws.
2. When the athlete feels comfortable the all 75 throws they may now progress to the next distance that has been assigned.

*This cycle repeats itself until the athlete can throw 50 throws at 180 feet, at that point they may begin throwing off the mound and increasing the velocity (50%-75%-100% speed)

*****DON'T FORGET PROPER THROWING TECHNIQUES*****

For more information go to www.asmi.org and follow the baseball links