



## Indiana University Health

### *IU Health Physicians Orthopedics & Sports Medicine*

#### **RETURN TO THROWING PROGRAM – 6 WEEKS**

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#### **Guidelines:**

- Complete a warm-up lap around the field before each step.
- All throws completed to tolerance.
- Rest a minimum of 10 seconds before each throw.
- Rest a minimum of 5 minutes between each set.
- Stretch following throwing session and ice shoulder/elbow x 20 minutes.

#### **Warm-up:**

- *Warm-up* properly – start with a 10 minute dynamic warm-up.

#### **Rules of Soreness:**

- Allow at least one day of rest between each throwing session.
- If sore during warm-up, but soreness resolves within the first 15 throws, repeat previous throwing session. If soreness develops again during session, stop the throwing session and take two full rest days. Upon returning to throwing, begin with the previous step.
- If sore for more than 1 hour after throwing or sore of the next day, take 1 rest day then repeat the most recent throwing session.



	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>WEEK 1</b>	REST	Warm-up 25 throws 60ft.	REST Thrower's Ten	Warm up 25 throws 60ft.	REST Thrower's Ten	Warm up 25 throws 60ft.	REST Thrower's Ten
<b>WEEK 2</b>	REST	Warm-up 25 throws 60ft.	REST Thrower's Ten	Warm up 25 throws 60ft.	REST Thrower's Ten	Warm up 25 throws 60ft.	REST Thrower's Ten
<b>WEEK 3</b>	REST	Warm up 25 throws 60ft. Rest 5 minutes 25 throws 60 ft.	REST Thrower's Ten	Warm up 25 throws 60ft. Rest 5 minutes 25 throws 60 ft.	REST Thrower's Ten	Warm up 25 throws 60ft. Rest 5 minutes 25 throws 60 ft.	REST Thrower's Ten
<b>WEEK 4</b>	REST	Warm up 25 throws 60ft. Rest 5 minutes 25 throws 90 ft.	REST Thrower's Ten	Warm up 25 throws 60ft. Rest 5 minutes 25 throws 90 ft.	REST Thrower's Ten	Warm up 25 throws 60ft. Rest 5 minutes 25 throws 90 ft.	REST Thrower's Ten
<b>WEEK 5</b>	REST	Warm up 25 throws 90ft. Rest 5 minutes 25 throws 90 ft.	REST Thrower's Ten	Warm up 25 throws 90ft. Rest 5 minutes 25 throws 90 ft.	REST Thrower's Ten	Warm up 25 throws 90ft. Rest 5 minutes 25 throws 90 ft.	REST Thrower's Ten
<b>WEEK 6</b>	REST	Warm up 25 throws 90ft. Rest 5 minutes 25 throws 120 ft.	REST Thrower's Ten	Warm up 25 throws 90ft. Rest 5 minutes 25 throws 120 ft.	REST Thrower's Ten	Warm up 25 throws 90ft. Rest 5 minutes 25 throws 120 ft.	REST Thrower's Ten