

Guidelines:

- All throws completed to tolerance with enough effort to reach your throwing partner.
- Rest for a moment between each throw
- **Rest for a few minutes between each set.**
- Number of throws includes total throws performed to reach prescribed distance
- Distance labeled is the maximum distance for that set of throws.
- Do not exceed maximum distance or number of throws listed for any given 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 (jogging, biking)
- Warm-up is not a “throwing” warm-up

Rules of Soreness:

- Allow at least one day of rest between each throwing session, unless prescribed otherwise.
- If sore during warm-up, but soreness resolves within the first couple 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.

*UCL Reconstruction Flat
Ground Throwing Progression*

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	REST	Warm-up 10 throws 45ft 20 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 20 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 20 throws 60ft	REST Arm Care
WEEK 2	REST	Warm-up 10 throws 45ft 25 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 25 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 30 throws 60ft	REST Arm Care
WEEK 3	REST	Warm-up 10 throws 45ft 30 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 35 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 35 throws 60ft	REST Arm Care
WEEK 4	REST	Warm-up 5 throws 45ft 40 throws 60ft	REST Arm Care	Warm-up 5 throws 45ft 40 throws 60ft	REST Arm Care	Warm-up 5 throws 45ft 45 throws 60ft	REST Arm Care
WEEK 5	REST	Warm-up 5 throws 45ft 45 throws 60ft	REST Arm Care	Warm-up 5 throws 45ft 50 throws 60ft	REST Arm Care	Warm-up 5 throws 45ft 50 throws 60ft	REST Arm Care
WEEK 6	REST	Warm-up 10 throws 45ft 30 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 30 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 30 throws 60ft	REST Arm Care

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UCL Reconstruction Flat Ground Throwing Progression

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 7	REST	Warm-up 5 throws 45ft 40 throws 60ft 5 throws 75ft	REST Arm Care	Warm-up 5 throws 45ft 35 throws 60ft 10 throws 75ft	REST Arm Care	Warm-up 5 throws 45ft 30 throws 60ft 15 throws 75ft	REST Arm Care
WEEK 8	REST	Warm-up 5 throws 45ft 25 throws 60ft 20 throws 75ft	REST Arm Care	Warm-up 5 throws 45ft 20 throws 60ft 30 throws 75ft	REST Arm Care	Warm-up 10 throws 60ft 35 throws 75ft 5 throws 60ft	REST Arm Care
WEEK 9	REST	Warm-up 10 throws 60ft 40 throws 75ft 5 throws 90ft	REST Arm Care	Warm-up 5 throws 60ft 45 throws 75ft 5 throws 90ft	REST Arm Care	Warm-up 5 throws 60ft 45 throws 75ft 5 throws 90ft	REST Arm Care
WEEK 10	REST	Warm-up 5 throws 60ft 10 throws 75ft 25 throws 90ft 5 throws 60ft	REST Arm Care	Warm-up 5 throws 60ft 10 throws 75ft 30 throws 90ft 5 throws 60ft	REST Arm Care	Warm-up 5 throws 60ft 10 throws 75ft 30 throws 90ft 5 throws 60ft	REST Arm Care
WEEK 11	REST	Warm-up 10 throws 60ft 10 throws 75ft 30 throws 90ft 5 throws 60ft	REST Arm Care	Warm-up 5 throws 60ft 15 throws 75ft 30 throws 90ft 5 throws 60ft	REST Arm Care	Warm-up 5 throws 60ft 15 throws 75ft 30 throws 90ft 5 throws 60ft	REST Arm Care
WEEK 12	REST	Warm-up 10 throws 45ft 30 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 30 throws 60ft	REST Arm Care	Warm-up 10 throws 45ft 30 throws 60ft	REST Arm Care

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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 13	REST	Warm-up 10 throws 60ft 10 throws 75ft 35 throws 90ft 10 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 10 throws 75ft 40 throws 90ft 10 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 10 throws 75ft 40 throws 90ft 10 throws 60ft	REST Arm Care
WEEK 14	REST	Warm-up 10 throws 60ft 5 throws 75ft 35 throws 90ft 5 throws 105ft 10 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 5 throws 75ft 30 throws 90ft 10 throws 105ft 10 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 5 throws 75ft 25 throws 90ft 15 throws 105ft 10 throws 60ft	REST Arm Care
WEEK 15	REST	Warm-up 10 throws 60ft 5 throws 75ft 20 throws 90ft 10 throws 105ft 10 throws 120ft 10 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 5 throws 75ft 20 throws 90ft 5 throws 105ft 15 throws 120ft 10 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 5 throws 75ft 15 throws 90ft 10 throws 105ft 20 throws 120ft 10 throws 60ft	REST Arm Care
WEEK 16	REST	Warm-up 10 throws 60ft 5 throws 75ft 10 throws 90ft 5 throws 105ft 25 throws 120ft 15 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 5 throws 75ft 10 throws 90ft 5 throws 105ft 25 throws 120ft 15 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 5 throws 75ft 10 throws 90ft 5 throws 105ft 25 throws 120ft 15 throws 60ft	REST Arm Care

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WEEK 17	REST	Warm-up 10 throws 60ft 15 throws 75ft 20 throws 90ft	Warm-up 10 throws 60ft 5 throws 75ft 10 throws 90ft 5 throws 105ft 25 throws 120ft 15 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 15 throws 75ft 20 throws 90ft	Warm-up 10 throws 60ft 5 throws 75ft 10 throws 90ft 5 throws 105ft 25 throws 120ft 15 throws 60ft	REST Arm Care
WEEK 18	REST	Warm-up 10 throws 60ft 15 throws 75ft 20 throws 90ft	Warm-up 10 throws 60ft 5 throws 75ft 10 throws 90ft 5 throws 105ft 25 throws 120ft 15 throws 60ft	REST Arm Care	Warm-up 10 throws 60ft 15 throws 75ft 20 throws 90ft	Warm-up 10 throws 60ft 5 throws 75ft 10 throws 90ft 5 throws 105ft 25 throws 120ft 15 throws 60ft	REST Arm Care

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