

## Return to Overhand Throwing Program

The object of the throwing program is to return the athlete to their previous level of competition, while minimizing the risk of re-injury. Adequate warm-up and stretching involving the whole body, attention to proper mechanics, and a gradual progression are keys to an effective recovery.

### **Prerequisites**

Before entering the throwing program the athlete should have achieved the following:

- 1) Full pain free range of motion of the shoulder and elbow
- 2) Synchrony of shoulder and scapulothoracic (shoulder blade) motion
- 3) Adequate strength development as determined by your physician, physical therapist, and/or athletic trainer.

### **Rate of Progression**

- Each athlete will progress at their own rate.
- Most injuries result from fatigue; any sign of fatigue through subjective information or loss of form should end the session and modify from there
- Mild soreness and stiffness is to be expected, however, if any pain is felt in the shoulder or elbow, throwing should be stopped until pain free. The athlete is not allowed to progress to the next phase unless they can complete the previous phase pain free.

### **Warm Up and Stretching**

The athlete should begin each session with jogging or other light activity to increase circulation and muscle temperature. This should be followed by stretching for the full body, including legs, trunk, shoulder, and arm prior to beginning the warm up throws.

### **Mechanics**

Proper mechanics of throwing is essential in reducing stress and injury. The athlete's coach should be enlisted to aid in achieving a normal and consistent throwing motion. The crow-hop method may be used to assure proper alignment of the body to begin the throwing motion. **The ball should be thrown just hard enough to reach the target.**

### **Progression**

Begin with warm up and stretching as described on the first sheet. Do 5 minutes of easy warm up throwing at about 15-20 feet and then gradually move back to the prescribed distance. You can throw every other day, NOT back to back. Rest on any day that persistent soreness or pain in the shoulder or elbow is present. Once at 90 feet and beyond, return to 60 feet for the last 5 minutes of throwing if you are a pitcher. This will give you extra practice at locating your throws and hitting targets. For softball players, adjust distances accordingly based on your position and required demands.

**SCHEDULE:**

Day 1- Throw 30' for 2 sets of 15 throws

Day 2- REST

Day 3- Throw 30' for 2 sets of 25 throws

Day 4- REST

Day 5- Throw 45' for 2 sets of 15 throws

Day 6- REST

Day 7- Throw 45' for 2 sets of 25 throws

Day 8- REST

Day 9- Throw 60' for 2 sets of 15 throws

Day 10- REST

Day 11- Throw 60' for 2 sets of 25 throws

Day 12- REST

Day 13- Throw 90' for 2 sets of 15 throws

Day 14- REST

Day 15- Throw 90' for 2 sets of 25 throws

Day 16- REST

Day 17- Throw 120' for 2 sets of 15 throws

Day 18- REST

Day 19- Throw 120' for 2 sets of 25 throws

Day 20- REST

Day 21- Begin making throws from your position or begin mound routine at 50% effort.