

## 12 Step Return to Play Throwing Program: Pitchers

This 12 step throwing program is intended to provide an outline for returning position players to play from both surgical and non-surgical injuries. Post-operatively it is necessary to strictly adhere to each step in the program based upon the surgical intervention. Pertaining to non-operative rehabilitation, the athlete may progress at an accelerated rate as deemed appropriate by the physician, athletic trainer and physical therapist.

Five to ten minutes of stationary bike or running followed by upper and lower extremity stretching must proceed each throwing session. The athlete must successfully complete two throwing sessions without pain at one level prior to advancing to the next higher level. The throwing program must be performed when the athlete is "fresh." Thus strength and conditioning activity must follow throwing activity.

**Level 1** Three times a week; every other day  
Three sets of 15 throws at 30 feet increasing to 45 feet

**Level 2** 40 throws three times a week; every other day  
10 at 50 feet  
20 at 60 feet  
10 at 50 feet

**Level 3** 50 throws three times a week; every other day  
10 at 50 feet  
10 at 60 feet  
10 at 75 feet  
10 at 60 feet  
10 at 50 feet

**Level 4** Three times a week; every other day

Day 1 (50 Throws)	Day 2 (60 Throws)	Day 3 (60 Throws)
10 at 60 feet	10 at 60 feet	10 at 60 feet
10 at 75 feet	10 at 75 feet	10 at 75 feet
10 at 90 feet	10 at 90 feet	10 at 90 feet
10 at 75 feet	10 at 75 feet	10 at 75 feet
10 at 60 feet	10 at 60 feet	10 at 60 feet

**Level 5** Three times a week; every other day

Day 1 (60 Throws)	Day 2 (65 Days)	Day 3 (70 Throws)
10 at 60 feet	10 at 60 feet	10 at 60 feet
10 at 90 feet	10 at 90 feet	10 at 90 feet
10 at 110 feet	10 at 110 feet	10 at 110 feet
10 at 90 feet	10 at 90 feet	10 at 90 feet
20 throws off mound	25 throws off mound	30 throws off mound
<i>*catcher up</i>	<i>*catcher up</i>	<i>*catcher up</i>

- Level 6** 70 throws three times a week; every other day  
10 at 60 feet  
10 at 90 feet  
10 at 120 feet  
10 at 90 feet  
30 throws off mound with catcher up
- Level 7** 60 throws three times a week; every other day  
10 at 60 feet  
10 at 90 feet  
10 at 120 feet  
10 at 90 feet  
20 throws off mound with the catcher down
- Level 8** 60 throws three times a week; every other day  
10 at 60 feet  
10 at 90 feet  
10 at 120 feet  
10 at 90 feet  
30 throws off mound with the catcher down
- Level 9** Three times a week; every other day  
50 pitches: Fastballs only
- Work on location
  - 50 to 60 percent throwing velocity
- Level 10** Three times a week; every other day  
70 pitches: Fastballs only
- 75 percent throwing velocity
  - If asymptomatic by session three, initiate breaking balls
- Level 11** Three times a week; every other day  
70 pitches
- 80 to 90 percent velocity
  - Continue to initiate breaking balls
- Level 12** Three times a week; every other day  
Game simulation pitching