Return to Throw Program

Mirror and Towel Throwing

1. **Warm up:** Sleeper Stretch (3 sets of 30 seconds)
2. Concentrate on all phases of proper throwing mechanics throughout the program.
   - Set Scapula
   - Elbow up
   - Stay on top of the ball
   - Perform a good follow through
   - Use your trunk and legs

3. **All movements should be pain free!** No sharp pain or progressively increasing soreness.
   - 5 Second Drill - Perform a throwing motion taking five seconds to complete the entire movement from wind up to follow through. The count of three should occur at the release point with your trunk upright and elbow slightly higher than your shoulder.
   - 3 Second Drill - Perform a throwing motion taking three seconds to complete the entire movement. The count of two should occur at the release point.

<table>
<thead>
<tr>
<th>5 second drill</th>
<th>3 second drill</th>
<th>Towel drill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1: 1x10</td>
<td>1x10</td>
<td>--- Rest 1 minute between sets</td>
</tr>
<tr>
<td>Day 2: Off</td>
<td></td>
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<tr>
<td>Day 3: 1x10</td>
<td>2x10</td>
<td>--- Rest 1 minute between sets</td>
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<tr>
<td>Day 4: Off</td>
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<td></td>
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<tr>
<td>Day 5: 1x10</td>
<td>1x10</td>
<td>1x10 Rest 1 minute between sets</td>
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<tr>
<td>Day 6: Off</td>
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<tr>
<td>Day 7: 1x10</td>
<td>1x10</td>
<td>2x10 Rest 1 minute between sets</td>
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<tr>
<td>Day 8: Off</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 9: 1x10</td>
<td>1x10</td>
<td>3x10 Rest 1 minute between sets</td>
</tr>
</tbody>
</table>
Day 10: Off

Day 11: 1x10 1x10 4x10 Rest 1 minute between sets

Day 12: Off

Cool down: Sleeper Stretch (3 sets of 30 seconds)
Ice (12 minutes)

1. Warm up: Sleeper Stretch (3 sets of 30 seconds)
2. Concentrate on all phases of proper throwing mechanics throughout the program.
   - Set Scapula
   - Elbow up
   - Stay on top of the ball
   - Perform a good follow through
   - Use your trunk and legs

3. All movements should be pain free! No sharp pain or progressively increasing soreness.

Towel drill

Day 1: 2x10 Rest 1 minute between sets
Day 2: Off
Day 3: 3x10 Rest 1 minute between sets
Day 4: Off
Day 5: 4x10 Rest 1 minute between sets
Day 6: Off

4. Cool down: Sleeper Stretch (3 sets of 30 seconds)
   Ice (12 minutes)

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Return to Throwing - Phase I

- This phase will take place over 7-10 days.
- Focus on accuracy and proper mechanics and not velocity during entire throwing motion.
1. **Warm up:** Sleeper Stretch (3 sets of 30 seconds)
2. All throws should be with proper throwing mechanics.
   - Set Scapula
   - Elbow up
   - Stay on top of the ball
   - Perform a good follow through
   - Use your trunk and legs
3. Do 1 set of 10 reps each of 5 second, 3 second and towel drill.
4. Make 10-15 warm up throws while you move back towards the suggested distance.

Day 1: 10 throws at 75-90 feet.   REST - 2 min   10 throws at 15-20 feet.
Day 2: Off
Day 3: 10 throws at 20 feet        REST - 2 min   15 throws at 25-30 feet.
Day 4: Off
Day 5: 15 throws at 30-45 feet     REST - 2 min   10 throws at 30-45 feet.
Day 6: Off
Day 7: 15 throws at 45-60 feet     REST - 2 min   15 throws at 45-60 feet.
Day 8: Off

5. **Cool down:** Sleeper Stretch (3 sets of 30 seconds)
   Ice (12 - 15 minutes)

***If sore, take an extra day off. The next time you throw, begin again at previous distance.***

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**Return to Throwing - Phase II**

- This phase will take place over 7-10 days
- By the end of this phase you should be able to throw the ball on a line to your partner, this does not mean throwing as hard as you can.
- Continue to focus on good mechanics during the throwing motion while gradually increasing velocity.

1. **Warm up:** Sleeper Stretch (3 sets of 30 seconds)
2. Do 1 set of 10 reps each of 5 second, 3 second and towel drill.
3. Make 10-15 warm up throws while you move back towards the suggested distance.
Day 1:  15 throws at 45-60 feet       REST - 2 min 15 throws at 45-60 feet.
Day 2:  Off
Day 3:  20 throws at 45-60 feet       REST - 2 min 15 throws at 60-75 feet.
Day 4:  Off
Day 5:  20 throws at 60-75 feet       REST - 2 min 15 throws at 75-90 feet.
Day 6:  Off
Day 7:  20 throws at 75-90 feet       REST - 2 min 20 throws at 75-90 feet.
Day 8:  Off

4. **Cool down:** Sleeper Stretch (3 sets of 30 seconds)
   Ice (12 - 15 minutes)

***If sore, take an extra day off. The next time you throw, begin again at previous distance.***

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**Return to Throwing - Phase III**

- This phase will take place over 10-12 days
- By the end of this phase you should be able return to a level of full participation.

1. Warm up: Sleeper Stretch (3 sets of 30 seconds)
2. Do 1 set of 10 reps each of 5 second, 3 second and towel throw.
3. Make 10-15 warm up throws while you move back towards the suggested distance.

Day 1:  20 throws at 75-90 feet       REST - 2 min 15 throws 75-90 feet.
Day 2:  Off
Day 3:  25 throws at 75-90 feet       REST - 2 min 15 throws 75-90 feet.
Day 4:  20 throws at 75-90 feet       REST - 2 min 20 throws 75-90 feet.
Day 5:  Off
Day 6:  15 throws at 90-120 feet      REST - 2 min 15 throws at 90-120 feet.
Day 7:  Off
Day 8:  20 throws at 90-120 feet      REST - 2 min 15 throws at 90-120 feet
Day 9:  Off
Day 10: 20 throws at 90-120 feet      REST - 2 min 20 throws at 90-120 feet.
Day 11: Off
4. Cool down: Sleeper Stretch (3 sets of 30 seconds)
   Ice (12 - 15 minutes)

***If sore, take an extra day off. The next time you throw, begin again at previous distance.***

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**Return to Throwing - Phase IV**

**Advanced throwers/pitchers only - Varsity High School/Collegiate Athletes**

- This phase will take place over 7-10 days.
- This phase will help you maintain good throwing mechanics at distances greater then 120 feet.
- At the beginning of this phase, focus on getting the ball to your partner in the air. As you progress, you should increase velocity of your throws.

1. Warm up: Sleeper Stretch (3 sets of 30 seconds)
2. Do 1 set of 10 reps each of 5 second, 3 second and towel throw.
3. Make 15-20 warm up throws while you move back towards the suggested distance.

| Day 1: | 25 throws at 120 feet | REST - 2 min | 10 throws at 135-150 feet. |
| Day 2: | 20 throws at 120 feet | REST - 2 min | 20 throws at 120 feet. (No long toss) |
| Day 3: | Off                  |              |                            |
| Day 4: | 25 throws at 120 feet | REST - 2 min | 10 throws at 135-150 feet. |
| Day 5: | 20 throws at 120 feet | REST - 2 min | 20 throws at 120 feet. (No long toss) |
| Day 6: | Off                  |              |                            |
| Day 7: | 25 throws at 120 feet | REST - 2 min | 10 throws at 135-150 feet |

4. Cool down: Sleeper Stretch (3 sets of 30 seconds)

***If sore, take an extra day off. The next time you throw, begin again at previous distance.***

If Phase IV has gone well to this point, begin working with your pitching coach for a minimum of one week prior to pitching in a game. If further recommendations are needed, please contact Sports & Orthopaedic Specialists.