



# BRIGHAM AND WOMEN'S HOSPITAL

A Teaching Affiliate of Harvard Medical School  
75 Francis St., Boston, Massachusetts 02115

## Department of Rehabilitation Services

Physical Therapy

### Return to Recreational Throwing Program

The intent of these guidelines is to provide the athlete with a framework for return to sports activity following injury. These guidelines should not take the place of medical advice if attempting to return to sports following an injury. If an athlete requires assistance in the progression of a return to sport program they should consult with their primary care physician, surgeon, or physical therapist.

These guidelines are based on a modified program from:

Reinold, M. Wilk, K. Reed, J. Crenshaw, K. Andrews, JR. Interval Sport Programs: Guidelines for Baseball, Tennis, and Golf. *Journal of Orthopedic & Sports Physical Therapy*. 32(6): 293-298.

#### Rehabilitation Program

Mon, Wed, Fri	Tue, Thur, Sat	Sun
<ul style="list-style-type: none"> <li>• Throwers Ten UE Strengthening Program</li> <li>• Plyometrics</li> <li>• Control Drills</li> <li>• Stretching</li> <li>• Sport Specific Program</li> </ul>	<ul style="list-style-type: none"> <li>• LE Strengthening</li> <li>• Cardiovascular</li> <li>• Core Stability</li> <li>• Stretching</li> <li>• Rotator Cuff &amp; Scapular Strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Light ROM</li> <li>• Stretching</li> </ul>

#### Throwing Sport Specific Program:

- **During warm-up, it is very important to use heat prior to stretching (e.g., hot pack, whirlpool, hot shower, etc.). Heat increases circulation and activates some of the natural lubricants of the body.**
- **Perform stretching exercises after applying the heat modality and then proceed with the throwing program.**
- **Throw on line, sub maximal, pain free / comfort zone**
- **Pay attention to mechanics**
- **Use ice after throwing to reduce cellular damage and decrease the inflammatory response to microtrauma.**

**Criteria for progression to the next level:**

- **No pain or stiffness when throwing**
- **No pain or stiffness after throwing**
- **All throwing should be effortless motion**
- **Every other day – may go to every 3<sup>rd</sup> day if fatigue/soreness persists**
- **Satisfactory response following 3 days of activity at each level**

**30 FEET**

First day

Warm-up throws at \_\_\_\_ feet

25 throws at 30 feet

2 sets

Rest 15 min between sets

Level 2:

Warm-up throws at \_\_\_\_ feet

25 throws at 30 feet

3 sets

Rest 10 min between sets

**45 FEET**

Level 1

Warm-up throws at \_\_\_\_ feet

25 throws at 45 feet

2 sets

Rest 15 min between sets

Level 2

Warm-up throws at \_\_\_\_ feet

25 throws at 45 feet

3 sets

Rest 10 min between sets

**60 FEET**

Level 1

Warm-up throws at \_\_\_\_ feet

25 throws at 60 feet

2 sets

Rest 15 min between sets

Level 2

Warm-up throws at \_\_\_\_ feet

25 throws at 45 feet

3 sets

Rest 10 min between sets

**90 FEET**

Level 1

Warm-up throws at \_\_\_\_ feet

25 throws at 90 feet

2 sets

Rest 15 min between sets

Level 2

Warm-up throws at \_\_\_\_ feet

20 throws at 90 feet

Warm-up throws at \_\_\_\_ feet

20 throws at 60 feet

Warm-up throws at \_\_\_\_ feet

20 throws at 45 feet

Warm-up throws at \_\_\_\_ feet

15 throws at 45 feet

Rest 10 min between sets

**Formatted:**

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