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:


**Rehabilitation Program**

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**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.

**Return to Recreational Throwing Program**
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 3rd 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

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