



## **BRIELLE ORTHOPEDICS**

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### Return to Throwing Program

#### General Information:

In order to return to a high level of throwing sports, your shoulder and arm must have time to heal and adapt to the imposed demand. Progression of this throwing program too rapidly will result in a DELAY in your ability to return to your sport. Think of a return to throwing program like using glue to repair something broken. There is nothing you can do to make the glue harden any faster. If you try to use the item before the glue is hard, it will simply break again. Similarly, if you try to advance through this program too rapidly, your arm will not have had enough healing time, and the reconstruction and tissue repair performed during your surgery will not be able to withstand the tremendous force of throwing.

#### Basics Of Throwing Mechanics:

- Use a gathering step to initiate your throwing motion on all “long toss” throws
- Use a 4 seam grip to allow better view of the ball rotation
- Stay on top of the ball
- Throw over the top
- Keep your elbow at or above shoulder level
- Avoid trunk extension or shoulder dip
- Use your legs and core
- Follow through with your arm and trunk - emphasize this during the early part of the program

Throw on line, but throw with sub-maximal effort and within your comfort level. If you cannot throw on line at a given distance, YOU ARE NOT READY TO MOVE TO THE NEXT LEVEL. Do NOT lob the ball in an attempt to move to the next level. Throwing with a qualified coach or pitching instructor will improve your ability to progress through the program. Videotape of your throwing workout at least once a week is invaluable in analyzing your throwing motion and mechanics, as well as your progress.

Criteria to advance to the next level:

- No pain or stiffness while throwing
- No pain or stiffness after throwing (mild muscle soreness is acceptable)
- Effortless and mechanically sound throwing motion
- Reproducible throwing accuracy through the current level
- Consistently throwing “on line”
- Good strength throughout the current level with little fatigue

The upper trunk, scapula and rotator cuff rehabilitation program should be continued throughout the interval throwing program. They should be performed only on the specified throwing day.

This program should serve as a **guide** that can be adapted or modified to meet your individual throwing progress. You should plan to throw every other day for three days at each throwing level. If you are having problems at a certain level, return to the previous level until the problem resolves. An extra day or two off is recommended if you are having trouble with a certain level. Shoulder rehab exercises should not be performed on days off - the days off are for recovery and healing. It is okay, however to use a light resistance band/tube for warm up on throwing days. Days off should be focused on training balance, core and lower body.

**Throwing Program Begins Four Months After Surgery**

<b>WEEK 1 THROWING (45 FOOT PHASE) - 16 Weeks After Surgery</b>	
<b>Day 1</b>	10 Warm-up throws (under 45 ft) 25 Throws at 45 ft Warm-down throws (5-10 throws max, under 45 ft) 1 Set Only
<b>Day 2</b>	<b>No Throwing - Rest Day</b>
<b>Day 3</b>	10 Warm-up throws (under 45 ft) 25 Throws at 45 ft Warm-down throws (5-10 throws max, under 45 ft) 1 Set Only
<b>Day 4</b>	<b>No Throwing - Rest Day</b>
<b>Day 5</b>	10 Warm-up throws (under 45 ft) 25 Throws at 45 ft Warm-down throws (5-10 throws max, under 45 ft) 1 Set Only
<b>Day 6</b>	<b>No Throwing - Rest Day</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

**WEEK 2 THROWING (45 FOOT PHASE) - 17 Weeks After Surgery**

<b>Day 1</b>	10 Warm-up throws (under 45 ft) 2 Sets: 25 Throws at 45 ft (rest 5 full minutes between sets) Warm-down throws (5-10 throws max, under 45 ft)
<b>Day 2</b>	<b>No Throwing - Rest Day</b>
<b>Day 3</b>	10 Warm-up throws (under 45 ft) 2 Sets: 25 Throws at 45 ft (rest 5 full minutes between sets) Warm-down throws (5-10 throws max, under 45 ft)
<b>Day 4</b>	<b>No Throwing - Rest Day</b>
<b>Day 5</b>	10 Warm-up throws (under 45 ft) 2 Sets: 25 Throws at 45 ft (rest 5 full minutes between sets) Warm-down throws (5-10 throws max, under 45 ft)
<b>Day 6</b>	<b>No Throwing - Rest Day</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

**WEEK 3 THROWING (45 FOOT PHASE) - 18 Weeks After Surgery**

<b>Day 1</b>	10 Warm-up throws (under 45 ft) 3 Sets: 25 Throws at 45 ft (rest 5 full minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 2</b>	<b>No Throwing - Rest Day</b>
<b>Day 3</b>	10 Warm-up throws (under 45 ft) 3 Sets: 25 Throws at 45 ft (rest 5 full minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 4</b>	<b>No Throwing - Rest Day</b>
<b>Day 5</b>	10 Warm-up throws (under 45 ft) 3 Sets: 25 Throws at 45 ft (rest 5 full minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 6</b>	<b>No Throwing - Rest Day</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

**WEEK 4 THROWING (60 FOOT PHASE) - 19 Weeks After Surgery**

<b>Day 1</b>	10 Warm-up throws (under 60 ft) 1 Set: 25 Throws at 60 ft Warm-down throws (5-10 throws max, at 45 ft)
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**WEEK 4 THROWING (60 FOOT PHASE) - 19 Weeks After Surgery**

<b>Day 2</b>	<b>No Throwing - Rest Day</b>
<b>Day 3</b>	10 Warm-up throws (under 60 ft) 1 Set: 25 Throws at 60 ft Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 4</b>	<b>No Throwing - Rest Day</b>
<b>Day 5</b>	10 Warm-up throws (under 60 ft) 1 Set: 25 Throws at 60 ft Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 6</b>	<b>No Throwing - Rest Day</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

**WEEK 5 THROWING (60 FOOT PHASE) - 20 Weeks After Surgery**

<b>Day 1</b>	10 Warm-up throws (under 60 ft) 2 Sets: 25 Throws at 60 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 2</b>	<b>No Throwing - Rest Day</b>
<b>Day 3</b>	10 Warm-up throws (under 60 ft) 2 Sets: 25 Throws at 60 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 4</b>	<b>No Throwing - Rest Day</b>
<b>Day 5</b>	10 Warm-up throws (under 60 ft) 2 Sets: 25 Throws at 60 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 6</b>	<b>No Throwing - Rest Day</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

**WEEK 6 THROWING (60 FOOT PHASE) - 21 Weeks After Surgery**

<b>Day 1</b>	10 Warm-up throws (under 60 ft) 3 Sets: 25 Throws at 60 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 2</b>	<b>No Throwing - Rest Day</b>
<b>Day 3</b>	10 Warm-up throws (under 60 ft) 3 Sets: 25 Throws at 60 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)

**WEEK 6 THROWING (60 FOOT PHASE) - 21 Weeks After Surgery**

<b>Day 4</b>	<b>No Throwing - Rest Day</b>
<b>Day 5</b>	10 Warm-up throws (under 60 ft) 3 Sets: 25 Throws at 60 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 45 ft)
<b>Day 6</b>	<b>No Throwing - Rest Day</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

**WEEK 7 THROWING (75 FOOT PHASE) - 22 Weeks After Surgery**

<b>Day 1</b>	10 Warm-up throws (under 75 ft) 2 Sets: 25 Throws at 75 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 60 ft)
<b>Day 2</b>	<b>No Throwing - Rest Day</b>
<b>Day 3</b>	10 Warm-up throws (under 75 ft) 2 Sets: 25 Throws at 75 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 60 ft)
<b>Day 4</b>	<b>No Throwing - Rest Day</b>
<b>Day 5</b>	10 Warm-up throws (under 75 ft) 2 Sets: 25 Throws at 75 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 60 ft)
<b>Day 6</b>	<b>No Throwing - Rest Day</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

**WEEK 8 THROWING (75 FOOT PHASE) - 23 Weeks After Surgery**

<b>Day 1</b>	10 Warm-up throws (under 75 ft) 3 Sets: 25 Throws at 75 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 60 ft)
<b>Day 2</b>	<b>No Throwing - Rest Day</b>
<b>Day 3</b>	10 Warm-up throws (under 75 ft) 3 Sets: 25 Throws at 75 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 60 ft)
<b>Day 4</b>	<b>No Throwing - Rest Day</b>
<b>Day 5</b>	10 Warm-up throws (under 75 ft) 3 Sets: 25 Throws at 75 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 60 ft)

**WEEK 8 THROWING (75 FOOT PHASE) - 23 Weeks After Surgery**

Day 6	No Throwing - Rest Day
Day 7	No Throwing - Rest Day

**WEEK 9 THROWING (90 FOOT PHASE) - 24 Weeks After Surgery**

Day 1	10 Warm-up throws (under 90 ft) 2 Sets: 25 Throws at 90 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 75 ft)
Day 2	No Throwing - Rest Day
Day 3	10 Warm-up throws (under 90 ft) 2 Sets: 25 Throws at 90 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 75 ft)
Day 4	No Throwing - Rest Day
Day 5	10 Warm-up throws (under 90 ft) 2 Sets: 25 Throws at 90 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 75 ft)
Day 6	No Throwing - Rest Day
Day 7	No Throwing - Rest Day

**WEEK 10 THROWING (90 FOOT PHASE) - 25 Weeks After Surgery**

Day 1	10 Warm-up throws (under 90 ft) 3 Sets: 25 Throws at 90 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 75 ft)
Day 2	No Throwing - Rest Day
Day 3	10 Warm-up throws (under 90 ft) 3 Sets: 25 Throws at 90 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 75 ft)
Day 4	No Throwing - Rest Day
Day 5	10 Warm-up throws (under 90 ft) 3 Sets: 25 Throws at 90 ft (rest 5 minutes between sets) Warm-down throws (5-10 throws max, at 75 ft)
Day 6	No Throwing - Rest Day
Day 7	No Throwing - Rest Day

**WEEK 11 THROWING (105 FOOT PHASE) - 26 Weeks After Surgery**

Day 1	10 Warm-up throws (under 105 ft) 1 Set: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
Day 2	<b>No Throwing - Rest Day</b>
Day 3	10 Warm-up throws (under 105 ft) 1 Set: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
Day 4	<b>No Throwing - Rest Day</b>
Day 5	10 Warm-up throws (under 105 ft) 1 Set: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
Day 6	<b>No Throwing - Rest Day</b>
Day 7	<b>No Throwing - Rest Day</b>

**WEEK 12 THROWING (105 FOOT PHASE) - 27 Weeks After Surgery**

Day 1	10 Warm-up throws (under 105 ft) 2 Sets: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
Day 2	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
Day 3	10 Warm-up throws (under 105 ft) 2 Sets: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
Day 4	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
Day 5	10 Warm-up throws (under 105 ft) 2 Sets: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
Day 6	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
Day 7	<b>No Throwing - Rest Day</b>

**WEEK 13 THROWING (105 FOOT PHASE) - 28 Weeks After Surgery**

Day 1	10 Warm-up throws (under 105 ft) 3 Sets: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
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**WEEK 13 THROWING (105 FOOT PHASE) - 28 Weeks After Surgery**

<b>Day 2</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	10 Warm-up throws (under 105 ft) 3 Sets: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
<b>Day 4</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Warm-up throws (under 105 ft) 3 Sets: 25 Throws at 105 ft (rest 5 minutes between sets) Flat Ground, Catcher Down Throws (10 throws max, 90 ft)
<b>Day 6</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

**WEEK 14 THROWING (120 FOOT PHASE) - 29 Weeks After Surgery**

<b>Day 1</b>	10 Warm-up throws (under 120 ft) 1 Set: 25 Throws at 120 ft (rest 5 minutes between sets) Half Mound, Catcher Down Throws (10 throws max)
<b>Day 2</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	10 Warm-up throws (under 120 ft) 1 Set: 25 Throws at 120 ft (rest 5 minutes between sets) Half Mound, Catcher Down Throws (10 throws max)
<b>Day 4</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Warm-up throws (under 120 ft) 1 Set: 25 Throws at 120 ft (rest 5 minutes between sets) Half Mound, Catcher Down Throws (10 throws max)
<b>Day 6</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>



### **WEEK 15 THROWING (120 FOOT PHASE) - 30 Weeks After Surgery**

**Hat Drill Program:** Designed to improve ability to throw flat or slightly downward, with better arm strength and accuracy. Place a hat 105 ft from your position. Partner is behind hat to catch ball on one bounce. Goal: throw with moderate effort, imagining you are throwing through the chest of another partner standing 30 ft in front of the hat, and try to hit the hat.

<b>Day 1</b>	10 Warm-up throws (under 120 ft) 1 Set: 25 Throws at 120 ft (rest 5 minutes between sets) 1 Set: 25 Hat Drill Throws Half Mound, Catcher Down Throws (10 throws max)
<b>Day 2</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	10 Warm-up throws (under 120 ft) 1 Set: 25 Throws at 120 ft (rest 5 minutes between sets) 1 Set: 25 Hat Drill Throws Half Mound, Catcher Down Throws (10 throws max)
<b>Day 4</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Warm-up throws (under 120 ft) 1 Set: 25 Throws at 120 ft (rest 5 minutes between sets) 1 Set: 25 Hat Drill Throws Half Mound, Catcher Down Throws (10 throws max)
<b>Day 6</b>	<b>5 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

### **WEEK 16 THROWING (120 FOOT PHASE) - 31 Weeks After Surgery**

<b>Day 1</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 20 Throws, Half Mound, Catcher Full Distance
<b>Day 2</b>	<b>10 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 20 Throws, Half Mound, Catcher Full Distance
<b>Day 4</b>	<b>10 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 20 Throws, Half Mound, Catcher Full Distance
<b>Day 6</b>	<b>10 Minutes Light Throwing (60 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>No Throwing - Rest Day</b>

### **WEEK 17 THROWING (MOUND PROGRESSION) - 32 Weeks After Surgery**

Begin throwing on a daily basis **UNLESS SORENESS OR FATIGUE OCCURS**. 10 minute days are designed for recovery and to work on mechanics. You may introduce change-up throws at this stage while playing catch but **NOT FROM THE MOUND. ABSOLUTELY NO BREAKING PITCHES.**

<b>Day 1</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 25 Throws, Bullpen, Catcher Full Distance
<b>Day 2</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	Light Work Day - Work On Mechanics 10 Minute Toss Warm-up at 120 ft 1 Set: 15 Throws, Bullpen, Catcher Full Distance
<b>Day 4</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 25 Throws, Bullpen, Catcher Full Distance
<b>Day 6</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>10 Minute Light Toss</b>

### **WEEK 18 THROWING (MOUND PROGRESSION) - 33 Weeks After Surgery**

<b>Day 1</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 35 Throws, Bullpen, Catcher Full Distance
<b>Day 2</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	Light Work Day - Work On Mechanics 10 Minute Toss Warm-up at 120 ft 1 Set: 15 Throws, Bullpen, Catcher Full Distance
<b>Day 4</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 35 Throws, Bullpen, Catcher Full Distance
<b>Day 6</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>10 Minute Light Toss</b>

### **WEEK 19 THROWING (MOUND PROGRESSION) - 34 Weeks After Surgery**

<b>Day 1</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 45 Throws, Bullpen, Catcher Full Distance
<b>Day 2</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>

**WEEK 19 THROWING (MOUND PROGRESSION) - 34 Weeks After Surgery**

<b>Day 3</b>	Light Work Day - Work On Mechanics 10 Minute Toss Warm-up at 120 ft 1 Set: 15 Throws, Bullpen, Catcher Full Distance
<b>Day 4</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 45 Throws, Bullpen, Catcher Full Distance
<b>Day 6</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>10 Minute Light Toss</b>

**WEEK 20 THROWING (MOUND PROGRESSION) - 35 Weeks After Surgery**

<b>Day 1</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 45 Throws, Bullpen, Catcher Full Distance Rest 5 Minutes 10 Change-ups
<b>Day 2</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	Light Work Day - Work On Mechanics 10 Minute Toss Warm-up at 120 ft 1 Set: 15 Throws, Bullpen, Catcher Full Distance
<b>Day 4</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 45 Throws, Bullpen, Catcher Full Distance Rest 5 Minutes 10 Change-ups
<b>Day 6</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>10 Minute Light Toss</b>

**WEEK 21 THROWING (MOUND PROGRESSION) - 36 Weeks After Surgery**

<b>Day 1</b>	10 Minute Toss Warm-up at 120 ft 1 Set: 55 Throws, Bullpen, Catcher Full Distance Rest 5 Minutes 10 Change-ups
<b>Day 2</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>

**WEEK 21 THROWING (MOUND PROGRESSION) - 36 Weeks After Surgery**

Day 3	Light Work Day - Work On Mechanics 10 Minute Toss Warm-up at 120 ft 1 Set: 15 Throws, Bullpen, Catcher Full Distance
Day 4	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
Day 5	10 Minute Toss Warm-up at 120 ft 1 Set: 55 Throws, Bullpen, Catcher Full Distance Rest 5 Minutes 10 Change-ups
Day 6	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
Day 7	<b>10 Minute Light Toss</b> - Breaking pitch on flat ground

**WEEK 22 THROWING (MOUND PROGRESSION) - 37 Weeks After Surgery**

Day 1	10 Minute Toss Warm-up at 120 ft 1 Set: 55 Throws, Bullpen, Catcher Full Distance Rest 5 Minutes 10 Change-ups Rest 5 Minutes 5 Breaking Pitches
Day 2	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
Day 3	Light Work Day - Work On Mechanics 10 Minute Toss Warm-up at 120 ft 1 Set: 15 Throws, Bullpen, Catcher Full Distance
Day 4	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
Day 5	10 Minute Toss Warm-up at 120 ft 1 Set: 55 Throws, Bullpen, Catcher Full Distance Rest 5 Minutes 10 Change-ups Rest 5 Minutes 5 Breaking Pitches
Day 6	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
Day 7	<b>10 Minute Light Toss</b> - Breaking pitch on flat ground

**WEEK 23 THROWING (PITCHING PROGRESSION) - 38 Weeks After Surgery**

Day 1	10 Minute Toss Warm-up at 120 ft 1 Inning Live BP: 15-20 Pitches (Max of 3 Breaking Pitches)
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**WEEK 23 THROWING (PITCHING PROGRESSION) - 38 Weeks After Surgery**

<b>Day 2</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	Light Work Day - Work On Mechanics 10 Minute Toss Warm-up at 120 ft 1 Set: 15 Throws, Full Distance
<b>Day 4</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Minute Toss Warm-up at 120 ft 2 Innings Live BP: 20-25 Pitches (Max of 4 Breaking Pitches)
<b>Day 6</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>10 Minute Light Toss -</b> Breaking pitch on flat ground

**WEEK 24 THROWING (PITCHING PROGRESSION) - 39 Weeks After Surgery**

<b>Day 1</b>	10 Minute Toss Warm-up at 120 ft 2 Innings Simulated Game: 25-30 Pitches Max of 5 Breaking Pitches
<b>Day 2</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	Light Work Day - Work On Mechanics 10 Minute Toss Warm-up at 120 ft 1 Set: 15 Throws, Full Distance
<b>Day 4</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 5</b>	10 Minute Toss Warm-up at 120 ft 3 Innings Simulated Game: 30-40 Pitches Max of 8 Breaking Pitches
<b>Day 6</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 7</b>	<b>10 Minute Light Toss -</b> Breaking pitch on flat ground

## **WEEK 25 THROWING (PITCHING PROGRESSION) - 40 Weeks After Surgery**

Pitching programs deviate now. Starting pitchers will switch to starting rotation plan. Pitch/Off/Bullpen/Off/Pitch. Starters should try to build endurance and pitch counts/innings. Relievers should pitch every other day and progress to back to back days.

<b>Day 1</b>	10 Minute Toss Warm-up at 120 ft 2 Innings Live Game: 35 Pitches Max
<b>Day 2</b>	<b>10 Minutes Light Throwing (90 ft max) *NO EXERCISE*</b>
<b>Day 3</b>	Starter: Bullpen Reliever: 1 Inning Live Game
<b>Day 4</b>	<b>Starter: Light Side</b> <b>Reliever: 10 Minute Toss</b>
<b>Day 5</b>	Starter: 10 Minute Toss Reliever: 10 Minute Toss
<b>Day 6</b>	<b>Starter: 3 Innings Live Game</b> <b>Reliever: 2 Innings Live Game</b>
<b>Day 7</b>	Free To Repeat Cycle Per Pitching Coach. <b>Congratulations!!</b>

All My Best For A Healthy Recovery,

***Michael Nakashian, MD***