

Interval Throwing Program for Rehabilitation (Catcher)

Guidelines:

1. This program serves as a general template for the return to throwing process and may need to be modified as needed to ensure a safe and effective individualized progression
2. Expected initiation following UCLR = 16-20 weeks, UCL repair = 12-20 weeks, SLAP repair = 20+ weeks
 - a. ** Following satisfactory criterion-based testing via *Thrower's Readiness Inventory (TRI)*TM
3. Always begin with a **structured warm up** as determined by Physical Therapist/Athletic Trainer
4. Continue all strengthening and stretching activities as prescribed
5. **DO NOT THROW THROUGH PAIN** – report any symptoms and monitor post-throwing soreness
6. Allow the distance to dictate the intensity – typically, the first 4-6 weeks of throwing are to ensure adequate, progressive loading to condition the affected/repared structures
 - a. Use a slight arc on all throws until later stages
7. Capture video of your throws at least once per week to review mechanics and consistency
8. Hitting and throwing should not begin at the same time – discuss with your provider

PHASE 1: Initiation

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	20 x 30' 25 x 45'	OFF	OFF	20 x 30' 25 x 45'	OFF	OFF	OFF
Goals:	Graft/tissue adaptation; do NOT focus on performance/intensity						
2	15 x 30' 15 x 45' 5min rest then repeat	OFF	OFF	20 x 30' 25 x 45' 5min rest then repeat	OFF	OFF	OFF
Goals:	Graft/tissue adaptation; increasing volume, keep intensities low						
3	20 x 30' 25 x 45' 5min rest then repeat	OFF	20 x 30' 25 x 45' 5min rest then repeat	OFF	OFF	20 x 30' 25 x 45' 5min rest then repeat x2	OFF
Goals:	Graft/tissue adaptation; further increase in volume, keep intensities low, expect some soreness						
4	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat	OFF	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat	OFF	OFF	10 x 30' 10 x 45' 25 x 60' 5min rest then repeat x2	OFF
Goals:	Graft/tissue adaptation; added distance, still maintain an arc on the ball, focus on keeping mechanics consistent						
5	OFF	Light toss to 60' x5min	OFF	OFF	Light toss to 60' x5min	OFF	OFF
Goals:	First de-load week; use this time to allow for your arm/body to recover and refocus on strength/conditioning parameters						
6	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat x2	OFF
Goals:	Starting to work further distance to build arm strength, be mindful of mechanics, don't rush throws						

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PHASE 2: Volume and distance building

7	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat	OFF	7 x 30' 7 x 45' 7 x 60' 25 x 75' 5min rest then repeat x2	OFF
Goals:	Increasing weekly volume and days/thrown, maintain stretching and mobility activities						
8	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat x2	OFF
Goals:	Further distances; now at the critical point where mechanics must be sound or compensations will occur						
9	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat	OFF	5 x 30' 5 x 45' 5 x 60' 5 x 75' 25 x 90' 5 min rest then repeat x2	OFF
Goals:	Adding more weekly volume; address any issues prior to progressing to the next phase						
10	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF
Goals:	Second de-load week; allow for adequate recovery and minimize stress						
11	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat x2	OFF
Goals:	Further distance						
12	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat	OFF	5 x 45' 5 x 60' 5 x 75' 5 x 90' 25 x 105' 5 min rest then repeat x2	OFF
Goals:	High volume/distance; take your time with the throws						



Interval Throwing Program for Rehabilitation (Catcher)

13	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat x2	OFF
Goals:	Working up to 120'; don't rush throws						
14	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 25 x 120' 5 min rest then repeat	OFF
Goals:	High volume/distance; need to cont to monitor mechanics and minimize soreness						
15	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	OFF	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat x2	OFF
Goals:	Max distance for infielders; can start to emphasize throws on a line, long toss past this distance may be disadvantageous during the rehabilitation stages						
16	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF	Light toss to 60' x10min < 50 throws	OFF	OFF
Goals:	Final de-load week prior to initiating position-specific drills						



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PHASE 3: Performance building/situational throwing

17	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 10 x 150' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 5 x 150' 10 x 60' 5 min rest then repeat	5 x 60' 5 x 75' 5 x 90' 5 x 105' 10 x 120' 5 x 150' 10 x 60' 5 min rest then repeat	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 5 x 120' 10 x 150' 10 x 60' 5 min rest then repeat
Goals:	High weekly volume at 150'; keep intensity moderate (no max-effort throws from a pop) – final 10 throws from a squat						
18	OFF	10 x 60' 10 x 75' 15 x 90' 4 throws to 1B (2 PO, 2 bunt) 4 throws to 3B (2 steal, 2 bunt)	3min x 60' 3min x 90' 3min x 60'	OFF	10 x 60' 10 x 75' 15 x 90' 4 throws to 1B (2 PO, 2 bunt) 4 throws to 3B (2 steal, 2 bunt)	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 5 x 120' 10 x 150' 10 x 60' 5 min rest then repeat
Goals:	Throws to base from catcher's position – 50% effort; work on lower half mechanics						
19	OFF	10 x 60' 10 x 75' 15 x 90' 6 throws to 1B (3 PO, 3 bunt) 6 throws to 3B (3 steal, 3 bunt)	4min x 60' 4min x 90' 4min x 60'	OFF	10 x 60' 10 x 75' 15 x 90' 6 throws to 1B (3 PO, 3 bunt) 6 throws to 3B (3 steal, 3 bunt)	OFF	5 x 60' 5 x 75' 5 x 90' 5 x 105' 5 x 120' 10 x 150' 10 x 60' 5 min rest then repeat
Goals:	Throws to base from catcher's position – 75% effort; cont emphasis on foot work						
20	5 x 75' 5 x 90' 10 x 105' 6 throws to 1B 4 throws to 2B 6 throws to 3B	OFF	5 x 75' 5 x 90' 10 x 105' 6 throws to 1B 4 throws to 2B 6 throws to 3B	4min x 60' 4min x 90' 4min x 60'	OFF	5 x 75' 5 x 90' 10 x 105' 6 throws to 1B 4 throws to 2B 6 throws to 3B	OFF
Goals:	Throws to base from catcher's position – 75% effort						
21	5 x 75' 5 x 90' 5 x 105' 10 x 120' 6 throws to 1B 6 throws to 2B 6 throws to 3B	OFF	5 x 75' 5 x 90' 5 x 105' 10 x 120' 6 throws to 1B 6 throws to 2B 6 throws to 3B	5min x 60' 5min x 90' 5min x 60'	OFF	5 x 75' 5 x 90' 5 x 105' 10 x 120' 6 throws to 1B 6 throws to 2B 6 throws to 3B	OFF
Goals:	Throws to base from catcher's position – 80-90% effort						
22	5 x 90' 5 x 105' 10 x 120' 8 throws to 1B 8 throws to 2B 8 throws to 3B	OFF	5 x 90' 5 x 105' 10 x 120' 8 throws to 1B 8 throws to 2B 8 throws to 3B	5min x 60' 5min x 90' 5min x 60'	OFF	5 x 90' 5 x 105' 10 x 120' 8 throws to 1B 8 throws to 2B 8 throws to 3B	OFF
Goals:	Throws to base from catcher's position – 100% effort						

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RETURN TO COMPETITION

- Throwing program complete
- Clearance granted from operating physician
- Clearance from physical therapist/athletic trainers
- Clearance from coaches

