



Mid-America Orthopedics

Ryan W. Livermore, M.D.

1923 N. Webb Rd, Wichita, KS 67206 – (316) 630-9300

RE-ENTRY THROWING PROGRAM

Criteria for Entry

1. Full, pain free ROM
2. Normal, pain free muscle strength
3. MMT<10% deficit bilaterally
4. Satisfactory functional testing
5. Physician approval

Considerations

1. Emphasize pre-throwing warm-up and stretching
 - should perform light jogging or other general body activity
 - follow with stretching of the shoulder (self or manual)
 - light toss warm-up throws at approximately 30-60 feet (up to 50 reps)
2. Goal is to complete each phase before progressing to the next
 - if unable to complete a phase, rest one day and try again
 - all throwing must be pain free
3. Proper throwing mechanics are essential to injury prevention
 - use the “crow-hop” method of throwing for long toss activities
 - long toss throws should have a high arc on the ball
 - follow through is vital
 - for pitchers, throwing from mound should be done under the supervision of a coach only
4. Perform strengthening exercises after throwing workouts
 - emphasize light weight and high reps (shoulder specific)
 - exercise to fatigue
5. Rest days are essential
 - soreness is to be expected; control pain with heat and ice where indicated
 - rest one day before progressing to the next step or phase
 - perform light stretching and aerobic activities on rest days

6. Stop throwing if sharp pains are experienced
 - players should notify ATC immediately

7. When phase I is complete (75 x 180 f), progress to specific throwing
 - pitchers progress to mound
 - positions players move to position

PHASE I: LONG TOSS

- All players must begin re-entry with this phase
- Throwing is performed every other day
- All throwing must be pain free
- Emphasize a “crow-hop” throw with proper follow thru
- Always warm-up first; jog, stretch, light tossed (30-60 f)
- Continue a maintenance strengthening program; perform after throwing
- Soreness is expected, rest and use ice and heat when indicated by the trainer
- After completion of Phase I, progress to specific position

STEP 1: Distance: 45 f

Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 45 f
Rest 15 minutes
Warm-up throws
25 throws @ 45 f
Rest 15 minutes

STEP 2: Distance: 45 f

Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 45 f
Warm-up throws
Rest 10 minutes
25 throws @ 45 f
Warm-up throws
Rest 10 minutes
25 throws @ 45 f

STEP 3: Distance 60 f

Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 60 f
Rest 15 minutes
Warm-up throws
25 throws @ 60 f

Rest 15 minutes

STEP 4: Distance 60 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 60 f
Warm-up throws
Rest 10 minutes
25 throws @ 45 f
Warm-up throws
Rest 10 minutes
25 throws @ 60 f

STEP 5: Distance: 90 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 90 f
Rest 15 minutes
Warm-up throws
25 throws @ 90 f
Rest 15 minutes

STEP 6: Distance: 90 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 90 f
Warm-up throws
Rest 10 minutes
25 throws @ 90 f
Warm-up throws
Rest 10 minutes
25 throws @ 90 f

STEP 7: Distance: 120 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 90 f
Rest 15 minutes
Warm-up throws
25 throws @ 90 f
Rest 15 minutes

STEP 8: Distance: 120 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 120 f
Warm-up throws
Rest 10 minutes
25 throws @ 120 f
Warm-up throws
Rest 10 minutes

25 throws @ 120 f

STEP 9: Distance: 150 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 150 f
Rest 15 minutes
Warm-up throws
25 throws @ 150 f
Rest 15 minutes

STEP 10: Distance: 150 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 120 f
Warm-up throws
Rest 10 minutes
25 throws @ 120 f
Warm-up throws
Rest 10 minutes
25 throws @ 120 f

STEP 11: Distance: 180 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 180 f
Rest 15 minutes
Warm-up throws
25 throws @ 180 f
Rest 15 minutes

STEP 12: Distance: 180 f
Routine: Warm-up throws (15-20 @ 30-60 f)
25 throws @ 180 f
Warm-up throws
Rest 10 minutes
25 throws @ 180 f
Warm-up throws
Rest 10 minutes
25 throws @ 180 f

COMPLETION TIME: APPROXIMATELY ONE MONTH

PITCHERS: progress to preseason/re-entry program from mound

POSITIONAL PLAYERS: progress to preseason/re-entry program for specific position

BATTING: unrestricted in preseason, physician approval needed for re-entry (if not already approved)

PHASE II: RE-ENTRY FOR PITCHERS

- Pitchers must be able to throw 75 times at 180 f pain free
- All pitchers must follow this progression under supervision of coach or athletic trainer
- All throwing must be pain free
- Emphasize proper body mechanics and follow through
- Always warm-up first; jog, stretch, light toss (30-60 f)
- Soreness is expected; rest and use ice or heat where indicated
- Continue maintenance strengthening program; perform after throwing

STEP 1: Long toss (90-120 f x 50 throws)
15 fastballs @ 50%

STEP 2: Long toss (90-120 f x 50 throws)
30 Fastballs @50 %

STEP 3: Long toss (90-120 f x 25 throws)
45 fastballs

STEP 4: Long toss (90-120 f x 25 throws)
45-60 Fastballs @ 50%

STEP 5: Long toss (90-120 f x 25 throws)
30 Fastballs @ 75%

STEP 6: 30 Fastballs @ 75%
5 minutes rest
45 Fastballs @ 50%

STEP 7: 45 Fastballs @ 75%
5 Minutes rest
15 fastballs @ 50%

STEP 8: 45-60 Fastballs @ 75%

STEP 9: 30-45 Fastballs @ 75%
15 Fastballs at BP

STEP 10: 30-45 Fastballs @ 75%
5 Minutes rest
20-30 Curveballs @75%
5 Minutes rest
30 Fastballs at BP

STEP 11: 20-30 Fastballs @ 75%
5 Minutes rest
15 Curveballs @ 50%
5 Minutes rest
30-45 Fastballs at BP

STEP 12: 30 Fastballs @ 75%
5 Minutes rest
20-30 Curveballs @ 75%
5 Minutes rest
30 Fastballs at BP

STEP 13: 30 Fastballs @ 75%
Up to 45 pitches in BP
(25% curve)

STEP 14: Simulated Game

PHASE II: RE-ENTRY FOR INFIELDBERS

- Infielders must be able to throw 75 times @ 180 f pain free before entering this phase
- All infield players (except catchers) must follow this progression
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing techniques
- Always warm-up first; jog, stretch, light toss (30-60 f)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing

STEP 1: Warm-up to 150 f (15-20 throws)

15 throws from position to 1B

Rest 10 minutes

15 throws from position to 1B

Rest 10 minutes

20 Long toss @ 150 f

STEP 2: Warm-up to 150 f (15-20 throws)

15 throws from position to 1B (50% backhand, 50% glove-side)

Rest 10 minutes

15 throws from position to 1B (50% backhand, 50% glove-side)

20 long toss @ 150 f

STEP 3: Warm-up to 150 f (15-20 throws)

15 throws from position to 1B w/feet planted (backhand)

Rest 5 minutes

15 throws from position to 1B w/feet planted (glove-side)

Rest 5 minutes

20 long toss @ 150 f

STEP 4: Warm-up to 150 f

Fielding and batting practice

20 long toss @ 180 f

STEP 5: Simulated game

PHASE II: RE-ENTRY FOR OUTFIELDERS

- Outfielders must be able to throw 75 times @ 180 f pain free before entering this phase
- All infield players (except catchers) must follow this progression
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing techniques
- Always warm-up first; jog, stretch, light toss (30-60 f)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing
- Outfielders should have fielding and catching drill work in addition to this progression

STEP 1: Warm-up to 180-200 f (up to 15 throws)

15 throws @ 120-150 f

Rest 10 minutes

20 throws @ 120-150 f

20 long toss @ 180-200 f

STEP 2: Warm-up to 200-220 f (up to 15 throws)

15 throws @ 180-200 f

Rest 10 minutes

20 throws @ 180-200 f

10 long toss @ 225-250 f

STEP 3: Warm-up to 225-250 f (up to 15 throws)

5 throws to each base (2B, 3B, Home)

Rest 5 minutes

6 throws to each cut-off (2B, SS)

10 long toss @ 225-250 f

STEP 4: Warm-up to 225-250 f (up to 15 throws)

5 throws to each base (2B, 3B, Home)

3 throws to each cut-off (2B, SS, Infield cut)

Rest 5 minutes

2 throws to each base (2B, 3B, Home)

3 throws to each cut-off (2B, SS, Infield cut)

10 long toss up to 250 f

STEP 5: Warm –up to 250 f

5 throws to each base

5 throws to each cut-off

Rest 10 minutes

5 throws to each base

5 throws to each cut-off

10 long toss up to 250 f

STEP 6: Simulated game

PHASE III: RE-ENTRY FOR CATCHERS (OPTIONAL)

- Catchers must complete the infielders re-entry program before entering this phase
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing technique
- Always warm-up first: jog, stretch, light toss (30-60 f)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing
- Catchers should have fielding and catching drill work in addition to this progression

STEP 1: Warm-up to 150 f (up to 15 throws)

- 15 throws @ 60 f
- 15 throws @ 90 f
- 15 throws @ 120 f
- Rest 10 minutes
- 15 throws from squat @ 60 f
- 15 throws from squat @ 90 f
- 15 throws from squat @ 120 f
- 10 long toss @ 120 f

STEP 2: Warm-up to 150 f

- 20 throws to mound from squat after pitch
- 10 throws to each base from squat after pitch
- Rest 10 minutes
- 30 throws to mound from squat after pitch
- 10 throws to each base from squat after pitch
- 20 long toss @ 150 f

STEP 3: Warm-up to 150 f

- 20 throws to mound from squat after pitch
- 10 throws to each base from squat after pitch
- Rest 5 minutes
- 10 throws to each base after bunt
- 30 throws to mound from standing
- 20 long toss @ 150 f

STEP 4: Simulated game