



•	DAILY THROWING ACTIVITIES	FLAT GROUND WORK
WEEK 1	(25 throws @45 feet) x 2 sets	
	No Throw Day	
	(25 throws @45 feet) x 2 sets	
	No Throw Day	
	(25 throws @45 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 2	(25 throws @45 feet) x 2 sets	
	No Throw Day	
	(25 throws @45 feet) x 2 sets	
	No Throw Day	
	(25 throws @45 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 3	(10 throws @45 feet, 15 throws @60 feet) x 2 sets	
	No Throw Day	
	(10 throws @45 feet, 15 throws @60 feet) x 2 sets	
	No Throw Day	
	(10 throws @45 feet, 15 throws @60 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 4	(25 throws @60 feet) x 2 sets	
WEEK !	No Throw Day	
	(25 throws @60 feet) x 2 sets	
	No Throw Day	
	(25 throws @60 feet) x 2 sets	
	[`	
	No Throw Day Rehab OFF	
WEEK 5	(10 throws @60 feet, 15 throws @75 feet) x 2 sets	
WEEK 3		
	No Throw Day	
	(10 throws @60 feet, 15 throws @75 feet) x 2 sets	
	No Throw Day	
	(10 throws @60 feet, 15 throws @75 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 6	(25 throws @75 feet) x 2 sets	
	No Throw Day	
	(25 throws @75 feet) x 2 sets	
	No Throw Day	
	(25 throws @75 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 7	(10 throws @75 feet, 15 throws @90 feet) x 2 sets	
	No Throw Day	
	(10 throws @75 feet, 15 throws @90 feet) x 2 sets	
	No Throw Day	
	(10 throws @75 feet, 15 throws @90 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 8	(25 throws @90 feet) x 2 sets	
	No Throw Day	
	(25 throws @90 feet) x 2 sets	
	No Throw Day	
	I No Tillow Day	Page 1 of 4

		Post Surgery - I nrowing Program
	(25 throws @90 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 9	(10 throws @90 feet, 15 throws @105 feet) x 2 sets	
WEEK	No Throw Day	
	(10 throws @90 feet, 15 throws @105 feet) x 2 sets	
	No Throw Day	
	(10 throws @90 feet, 15 throws @105 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 10	(25 throws @105 feet) x 2 sets	
WEEK 10		
	LIGHT Daily throw up to 60-75 feet	
	(25 throws @105 feet) x 2 sets	
	LIGHT Daily throw up to 60-75 feet	
	(25 throws @105 feet) x 2 sets	
	No Throw Day	
	Rehab OFF	
WEEK 11	(10 throws @105 feet, 15 throws @120 feet) x 2 sets	Flatground = 5 FB ONLY
WEEK II		riatground – 3 FB ONLI
	LIGHT Daily throw up to 75-90 feet	
	(10 throws @105 feet, 15 throws @120 feet) x 2 sets	Flatground = 5 FB ONLY
	LIGHT Daily throw up to 75-90 feet	
	(10 throws @105 feet, 15 throws @120 feet) x 2 sets	Flatground = 5 FB ONLY
	LIGHT Daily throw	ž
	Rehab OFF	
WEEV 12	(25 throws @120 feet) x 2 sets	Flatground = 10 (FB & 2-4 CH ONLY)
WEEK 12		rialground = 10 (FB & 2-4 CH ONL1)
	LIGHT Daily throw (not to exceed 90 feet)	
	(25 throws @120 feet) x 2 sets	Flatground = 10 (FB & 2-4 CH ONLY)
	LIGHT Daily throw	
	(25 throws @120 feet) x 2 sets	Flatground = 10 (FB & 2-4 CH ONLY)
	LIGHT Daily throw	
	Rehab OFF	
WEEK 13	Long Toss up to 150 feet Max (no more than 15 throws at 150 feet) x 1 set	Flatground = 10-15 (FB & CH)
WEEK 13		I latground = 10-13 (1 B & C11)
	LIGHT Daily throw	T1
	Long Toss up to 150 feet Max (no more than 15 throws at 150 feet) x 1 set	Flatground = 10-15 (FB & CH)
	LIGHT Daily throw	
	Long Toss up to 150 feet Max (no more than 15 throws at 150 feet) x 1 set	Flatground = 10-15 (FB & CH)
	LIGHT Daily throw	
	Rehab OFF	
WEEK 14	1st Rehab BP = 15 Pitch, LIGHT Effort (FB ONLY)	Flatground = 10-15 (FB, CH & 2-4 CV)
WEEK 14		1 largiouna – 10-13 (1 B, CH & 2-4 CV)
	LIGHT Daily throw (no to exceed 105 feet)	E1 . 10.15 (FP CTT 0.2 1 CT)
	LIGHT Daily throw	Flatground = 10-15 (FB, CH & 2-4 CV)
	2nd Rehab BP = 15 Pitch, LIGHT Effort (FB ONLY)	
	LIGHT Daily throw	Flatground = 10-15 (FB, CH & 2-4 CV)
	LIGHT Daily throw	
	Rehab OFF	
WEEV 15	3rd Rehab BP = 20 Pitch, LIGHT Effort (FB ONLY)	Flatground = 10-15 (ALL)
WEEK 13		ratground = 10-13 (ALL)
	LIGHT Daily throw	T1 . 1 . 10.15 (ATT)
	LIGHT Daily throw	Flatground = 10-15 (ALL)
	4th Rehab BP = 20 Pitch, LIGHT Effort (FB ONLY)	
	LIGHT Daily throw	Flatground = 10-15 (ALL)
	LIGHT Daily throw	_ ` ` ′
	Rehab OFF	
WEEK 16	5th Rehab BP = 25 Pitch, MEDIUM Effort (FB/CH ONLY)	Flatground = 10-15 (ALL)
WEEK 10		. ,
	LIGHT Daily throw	Page 2 of 4

	Post Sur	gery - i nrowing Program
	LIGHT Daily throw	Flatground = 10-15 (ALL)
6t	th Rehab BP = 25 Pitch, MEDIUM Effort (FB/CH ONLY)	
	LIGHT Daily throw	Flatground = 10-15 (ALL)
	LIGHT Daily throw	` ,
	Rehab OFF	
WEEK 17 <b>7t</b>	th Rehab BP = 20 Pitch, MEDIUM Effort (FB/CH ONLY)	Flatground = 10-15 (ALL)
· LLIL I / I / C	LIGHT Daily throw	1 miground 10 15 (1122)
94	th Rehab BP = 20 Pitch, MEDIUM Effort (FB/CH ONLY)	Flatground = 10-15 (ALL)
οι	LIGHT Daily throw	Flatground – 10-13 (ALL)
0.		EL ( 1 10.15 (ALL)
91	th Rehab BP = 20 Pitch, MEDIUM Effort (FB/CH ONLY)	Flatground = 10-15 (ALL)
	LIGHT Daily throw	
	Rehab OFF	
VEEK 18 10	Oth Rehab BP = 25 Pitch, NORMAL Effort (2 CV & FB/CH)	Flatground = 10-15 (ALL)
	LIGHT Daily throw	
11	th Rehab BP = 20 Pitch, NORMAL Effort (2 CV & FB/CH)	Flatground = 10-15 (ALL)
	LIGHT Daily throw	
12	2th Rehab BP = 25 Pitch, NORMAL Effort (2 CV & FB/CH)	Flatground = 10-15 (ALL)
	LIGHT Daily throw	` ,
	Rehab OFF	
VEEK 19	LIGHT Daily throw	
	3th Rehab BP = 35 Pitch, NORMAL Effort (4 CV & FB/CH)	Flatground = 10-15 (ALL)
15	LIGHT Daily throw	Platground = 10-13 (ALL)
1.1	LIGHT Daily throw	E1 ( 1 10 15 (AII)
14	4th Rehab BP = 35 Pitch, NORMAL Effort (4 CV & FB/CH)	Flatground = 10-15 (ALL)
	LIGHT Daily throw	
	Rehab OFF	
VEEK 20	LIGHT Daily throw	
15	5th Rehab BP = 35 Pitch, NORMAL Effort (ALL)	Flatground = 10-15 (ALL)
	LIGHT Daily throw	
	LIGHT Daily throw	
16	6th Rehab BP = 40 Pitch, NORMAL Effort (ALL)	Flatground = 10-15 (ALL)
	LIGHT Daily throw	
	Rehab OFF	
VEEK 21	LIGHT Daily throw	
	7th Rehab BP = 40 Pitch, NORMAL Effort (ALL)	Flatground = 10-15 (ALL)
	LIGHT Daily throw	
	LIGHT Daily throw	
19	8th Rehab BP = 40 Pitch, NORMAL Effort (ALL)	Flatground = 10-15 (ALL)
10	LIGHT Daily Throwing Program - PT ORTHO RE-EVALUATION	PT ORTHO RE-EVALUATION
	Rehab OFF	TI OKIHO KE-EVALUATION
VEET 22		
VEEK 22	LIGHT Daily Throwing Program	P. C. 1
18	st Rehab LIVE BP = 20 (FB ONLY)	Per Carlos
	LIGHT Daily Throwing Program	
	LIGHT Daily Throwing Program	
2n	nd Rehab LIVE BP = 25 (FB/CH)	Per Carlos
	LIGHT Daily Throwing Program	
	Rehab OFF	
VEEK 23	LIGHT Daily Throwing Program	
3r	rd Rehab LIVE BP = 30 (ALL)	Per Carlos
	LIGHT Daily Throwing Program	
	LIGHT Daily Throwing Program	
Δŧ	th Rehab LIVE BP = 2 x 15 (ALL)	Per Carlos
**	LIGHT Daily Throwing Program - PT ORTHO RE-EVALUATION	PT ORTHO RE-EVALUATION
	LIGHT Daily Throwing Program - TRANSFER TO TRAINERS	TD AMCEED TO TO AIMEDO
	LIGHT Daily Throwing Flogram - IKANSPER TO IKAINERS	Page 3 of 4 TRANSFER TO TRAINERS

WEEK 24	LIGHT Daily Throwing Program	GAME PROGRESSION	
	Game - 1 Inning (20 pitch max)	TO BE DETERMINED	DAY 1
	LIGHT Daily Throwing Program	PER INDIVIDUAL	
	LIGHT Daily Throwing Program	OUTLINED FOR LONG TERM	
	Game - 1 Inning (20 pitch max)	SURGERY	
	LIGHT Daily Throwing Program		
	LIGHT Daily Throwing Program		
WEEK 25	LIGHT Daily Throwing Program		
	Game - 2 Innings (30-35 pitch max)		
	LIGHT Daily Throwing Program		
	LIGHT Daily Throwing Program or LIGHT side		
	LIGHT Daily Throwing Program		
	LIGHT Daily Throwing Program		
	Game - 3 innings (45 pitch max)	RELIEVER DONE with "Normal" build-up	13 DAYS
WEEK 26	LIGHT Daily Throwing Program		
	Bullpen = 25-40 pitch		
	LIGHT Daily Throwing Program - PT ORTHO RE-EVALUATION	PT ORTHO RE-EVALUATION	
	LIGHT Daily Throwing Program		
	Game - 4 Innings (60 pitch max)	STARTER CONTINUED	
	LIGHT Daily Throwing Program		
	Bullpen = 25-40 pitch		
WEEK 27	LIGHT Daily Throwing Program		
	LIGHT Daily Throwing Program		
	Game - 5 Innings (75 pitch max)	STARTER DONE with "Normal" build-up	23 DAYS