

Post Surgery -Throwing Program

	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 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 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	

Post Surgery -Throwing 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 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 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 LIGHT Daily throw up to 75-90 feet (10 throws @105 feet, 15 throws @120 feet) x 2 sets LIGHT Daily throw up to 75-90 feet (10 throws @105 feet, 15 throws @120 feet) x 2 sets LIGHT Daily throw Rehab OFF	Flatground = 5 FB ONLY Flatground = 5 FB ONLY Flatground = 5 FB ONLY
WEEK 12	(25 throws @120 feet) x 2 sets LIGHT Daily throw (not to exceed 90 feet) (25 throws @120 feet) x 2 sets LIGHT Daily throw (25 throws @120 feet) x 2 sets LIGHT Daily throw Rehab OFF	Flatground = 10 (FB & 2-4 CH ONLY) Flatground = 10 (FB & 2-4 CH ONLY) Flatground = 10 (FB & 2-4 CH ONLY)
WEEK 13	Long Toss up to 150 feet Max (no more than 15 throws at 150 feet) x 1 set LIGHT Daily throw Long Toss up to 150 feet Max (no more than 15 throws at 150 feet) x 1 set LIGHT Daily throw Long Toss up to 150 feet Max (no more than 15 throws at 150 feet) x 1 set LIGHT Daily throw Rehab OFF	Flatground = 10-15 (FB & CH) Flatground = 10-15 (FB & CH) Flatground = 10-15 (FB & CH)
WEEK 14	1st Rehab BP = 15 Pitch, LIGHT Effort (FB ONLY) LIGHT Daily throw (no to exceed 105 feet) LIGHT Daily throw 2nd Rehab BP = 15 Pitch, LIGHT Effort (FB ONLY) LIGHT Daily throw LIGHT Daily throw LIGHT Daily throw Rehab OFF	Flatground = 10-15 (FB, CH & 2-4 CV) Flatground = 10-15 (FB, CH & 2-4 CV) Flatground = 10-15 (FB, CH & 2-4 CV)
WEEK 15	3rd Rehab BP = 20 Pitch, LIGHT Effort (FB ONLY) LIGHT Daily throw LIGHT Daily throw 4th Rehab BP = 20 Pitch, LIGHT Effort (FB ONLY) LIGHT Daily throw LIGHT Daily throw LIGHT Daily throw Rehab OFF	Flatground = 10-15 (ALL) Flatground = 10-15 (ALL) Flatground = 10-15 (ALL)
WEEK 16	5th Rehab BP = 25 Pitch, MEDIUM Effort (FB/CH ONLY) LIGHT Daily throw	Flatground = 10-15 (ALL)

Post Surgery -Throwing Program

	<p>LIGHT Daily throw</p> <p>6th Rehab BP = 25 Pitch, MEDIUM Effort (FB/CH ONLY)</p> <p>LIGHT Daily throw</p> <p>LIGHT Daily throw</p> <p>Rehab OFF</p>	<p>Flatground = 10-15 (ALL)</p> <p>Flatground = 10-15 (ALL)</p>
WEEK 17	<p>7th Rehab BP = 20 Pitch, MEDIUM Effort (FB/CH ONLY)</p> <p>LIGHT Daily throw</p> <p>8th Rehab BP = 20 Pitch, MEDIUM Effort (FB/CH ONLY)</p> <p>LIGHT Daily throw</p> <p>9th Rehab BP = 20 Pitch, MEDIUM Effort (FB/CH ONLY)</p> <p>LIGHT Daily throw</p> <p>Rehab OFF</p>	<p>Flatground = 10-15 (ALL)</p> <p>Flatground = 10-15 (ALL)</p> <p>Flatground = 10-15 (ALL)</p>
WEEK 18	<p>10th Rehab BP = 25 Pitch, NORMAL Effort (2 CV & FB/CH)</p> <p>LIGHT Daily throw</p> <p>11th Rehab BP = 20 Pitch, NORMAL Effort (2 CV & FB/CH)</p> <p>LIGHT Daily throw</p> <p>12th Rehab BP = 25 Pitch, NORMAL Effort (2 CV & FB/CH)</p> <p>LIGHT Daily throw</p> <p>Rehab OFF</p>	<p>Flatground = 10-15 (ALL)</p> <p>Flatground = 10-15 (ALL)</p> <p>Flatground = 10-15 (ALL)</p>
WEEK 19	<p>LIGHT Daily throw</p> <p>13th Rehab BP = 35 Pitch, NORMAL Effort (4 CV & FB/CH)</p> <p>LIGHT Daily throw</p> <p>LIGHT Daily throw</p> <p>14th Rehab BP = 35 Pitch, NORMAL Effort (4 CV & FB/CH)</p> <p>LIGHT Daily throw</p> <p>Rehab OFF</p>	<p>Flatground = 10-15 (ALL)</p> <p>Flatground = 10-15 (ALL)</p>
WEEK 20	<p>LIGHT Daily throw</p> <p>15th Rehab BP = 35 Pitch, NORMAL Effort (ALL)</p> <p>LIGHT Daily throw</p> <p>LIGHT Daily throw</p> <p>16th Rehab BP = 40 Pitch, NORMAL Effort (ALL)</p> <p>LIGHT Daily throw</p> <p>Rehab OFF</p>	<p>Flatground = 10-15 (ALL)</p> <p>Flatground = 10-15 (ALL)</p>
WEEK 21	<p>LIGHT Daily throw</p> <p>17th Rehab BP = 40 Pitch, NORMAL Effort (ALL)</p> <p>LIGHT Daily throw</p> <p>LIGHT Daily throw</p> <p>18th Rehab BP = 40 Pitch, NORMAL Effort (ALL)</p> <p>LIGHT Daily Throwing Program - PT ORTHO RE-EVALUATION</p> <p>Rehab OFF</p>	<p>Flatground = 10-15 (ALL)</p> <p>Flatground = 10-15 (ALL)</p> <p>PT ORTHO RE-EVALUATION</p>
WEEK 22	<p>LIGHT Daily Throwing Program</p> <p>1st Rehab LIVE BP = 20 (FB ONLY)</p> <p>LIGHT Daily Throwing Program</p> <p>LIGHT Daily Throwing Program</p> <p>2nd Rehab LIVE BP = 25 (FB/CH)</p> <p>LIGHT Daily Throwing Program</p> <p>Rehab OFF</p>	<p>Per Carlos</p> <p>Per Carlos</p>
WEEK 23	<p>LIGHT Daily Throwing Program</p> <p>3rd Rehab LIVE BP = 30 (ALL)</p> <p>LIGHT Daily Throwing Program</p> <p>LIGHT Daily Throwing Program</p> <p>4th Rehab LIVE BP = 2 x 15 (ALL)</p> <p>LIGHT Daily Throwing Program - PT ORTHO RE-EVALUATION</p> <p>LIGHT Daily Throwing Program - TRANSFER TO TRAINERS</p>	<p>Per Carlos</p> <p>Per Carlos</p> <p>PT ORTHO RE-EVALUATION</p> <p>TRANSFER TO TRAINERS</p>

Post Surgery -Throwing Program

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