

Return to Throwing Guideline

The goal of this guide is to help you safely return to throwing following injury. This guide should not take the place of medical advice. If you need help when returning to throwing, you should consult your primary care doctor, surgeon or physical therapist.

Before starting to throw again, you should:

- Get approval from your medical provider.
- Have pain free, full range of motion in your throwing arm.
- Be able to complete Thrower's Ten strengthening program without pain. Your therapist will review this with you.

You should:

- Perform full body warm up before the throwing activity and cool down stretching right afterwards.
- Perform all throws with an easy crow hop. A crow hop is a small jump in the air that helps you get momentum. It uses your entire body to help support the force of throwing. Here is a link to a video you can watch to see crow hop:
<https://www.youtube.com/watch?v=6n-A5SRxJQE>
- Warm up with 10-20 lob throws with an arc from 30 ft.
- Throwing should be performed every other day, with rest in between.
- Throw at chest height and with mild speed and force.
- You may move from one step to the next if you can do so pain free.
- If you have pain, take an extra day off and then try to repeat the previous step. If pain continues stop and call your referring doctor or physical therapist.

Warm up exercises

1. Five minutes of jogging or biking to break a sweat.
2. Dynamic warm ups 10 yards out and back for each:
 - high knees
 - butt kickers
 - side shuffle
 - walking leg raises
3. Shoulder external and internal rotation with light resistance bands, 30 reps.
4. Trunk twists, 30 reps.
5. Forward and backwards arm circles starting small and gradually become larger, 30 reps.
6. Arm raises repeated 30 times each:
 - forward in front of you
 - move out 45 degrees to the side
 - 90 degrees to the side

Cool Down Stretching:

This should be done right after a throwing activity. This is designed to help your muscles relax and unwind. This includes static stretching where you put the muscle in a lengthened position, hold for 30 seconds and repeat two times for each of the following muscle groups.

1. Chest stretch
 - a. Put both hands and arms on the door frame making an “L” position (90/90).
 - b. Walk into the open doorway until you feel the stretch in your chest.
2. Cross arm stretch for back of shoulder
3. Internal rotation stretch
4. External rotation stretch

Step 1

Warm-Up Throws
45 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
45 ft. 25 Throws

Step 2

Warm-Up Throws
45 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
45 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
45 ft. 25 Throws

Step 3

Warm-up Throws
60 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
60 ft. 25 Throws

Step 4

Warm-up Throws
60 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
60 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
60 ft. 25 Throws

Step 5

Warm-up Throws
90 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
90 ft. 25 Throws

Step 6

Warm-up Throws
90 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
90 ft. 25 Throws
Rest 5- 10 min
Warm-up Throws
90 ft. 25 Throws

Step 7

Warm-up Throws
120 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
120 ft. 25 Throws

Step 8

Warm-up Throws
120 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
120 ft. 25 Throws
Rest 5- 10 min
Warm-up Throws
120 ft. 25 Throws

Step 9

Warm-up Throws
150 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
150 ft. 25 Throws

Step 10

Warm-up Throws
150 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
150 ft. 25 Throws
Rest 5- 10 min
Warm-up Throws
150 ft. 25 Throws

Step 11

Warm-up Throws
180 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
180 ft. 25 Throws

Step 12

Warm-up Throws
180 ft. 25 Throws
Rest 5-10 min
Warm-up Throws
180 ft. 25 Throws
Rest 5- 10 min
Warm-up Throws
180 ft. 25 Throws

This guideline is based on a modified program from:

Reinhold, M. Wilk, K. Reed, J Crenshaw, K. Andrews, JR. Interval Sports Program: Guidelines for Baseball, Tennis and Golf. *Journal of Orthopedic and Sports Physical Therapy*. June 2002; 32(6): 293-298.