

10 Step Return to Play Throwing Program: Outfielders

This ten step throwing program is intended to provide an outline for returning position players to play from both surgical and non-surgical injuries. Post-operatively it is necessary to strictly adhere to each step in the program based upon the surgical intervention. Pertaining to non-operative rehabilitation, the athlete may progress at an accelerated rate as deemed appropriate by the physician, athletic trainer and physical therapist.

Five to ten minutes of stationary bike or running followed by upper and lower extremity stretching must proceed each throwing session. The athlete must successfully complete two throwing sessions without pain at one level prior to advancing to the next higher level. The throwing program must be performed when the athlete is "fresh." Thus strength and conditioning activity must follow throwing activity.

Level 1 Three times a week; every other day
Three sets of 15 throws at 30 feet increasing to 45 feet

Level 2 40 throws three times a week; every other day
10 at 50 feet
20 at 60 feet
10 at 50 feet

Level 3 50 throws three times a week; every other day
10 at 50 feet
10 at 60 feet
10 at 75 feet
10 at 60 feet
10 at 50 feet

Level 4 Three times a week; every other day

Day 1 (50 Throws)	Day 2 (60 Throws)	Day 3 (60 Throws)
10 at 60 feet	10 at 60 feet	10 at 60 feet
10 at 75 feet	10 at 75 feet	10 at 75 feet
10 at 90 feet	10 at 90 feet	10 at 90 feet
10 at 75 feet	10 at 75 feet	10 at 75 feet
10 at 60 feet	10 at 60 feet	10 at 60 feet

Level 5 Three times a week; every other day

Day 1 (60 Throws)	Day 2 (65 Days)	Day 3 (70 Throws)
10 at 60 feet	10 at 60 feet	10 at 60 feet
10 at 90 feet	10 at 90 feet	10 at 90 feet
10 at 110 feet	10 at 110 feet	10 at 110 feet
10 at 90 feet	10 at 90 feet	10 at 90 feet
20 throws to cut off man	25 throws to cut off man	30 throws to cut off man

**Concentrate on footwork and fielding throughout the remainder of functional work*

Level 6 70 throws three times a week; every other day
10 at 60 feet
10 at 90 feet
10 at 120 feet
10 at 90 feet
30 throws to cut off man

Level 7 60 throws three times a week; every other day
10 at 60 feet
10 at 90 feet
10 at 120 feet
10 at 90 feet
20 throws to cut off man

Level 8 60 throws three times a week; every other day
10 at 60 feet
10 at 90 feet
10 at 120 feet
10 at 90 feet
20 throws to cut off man

Level 9 Three times a week; every other day
10 at 60
10 at 90
10 at 150
10 at 120
30 throws to cut off man

Level 10 Game simulation – take outfield