

## **ACCELERATED ELBOW THROWING PROGRAM**

### **(POST-OP / SOFT TISSUE INJURY)**

#### **WEEK 6 POST OP (OR WHEN DESIGNATED BY YOUR THERAPIST OR TRAINER):**

*Throw with good effort but not too hard. This week is designed to get back to throwing and getting used to the throwing motion. Do not start throwing at 60'. Warm up by starting at 30 feet and progress back to 60. When you hit 60 feet, then you begin your set.*

**MONDAY**- 25 THROWS AT 60'

**WEDNESDAY**- 25 THROWS AT 60'

**FRIDAY**- 25 THROWS AT 60'

#### **WEEK 7 POST OP:**

*When you have warmed up and began your set at 60 feet, use the first 25 throws to work on arm slot and your mechanics. You can increase the intensity on the last 10 throws if arm strength is there. Do not push it.*

**MONDAY**- 35 THROWS AT 60'

**WEDNESDAY**- 35 THROWS AT 60'

**FRIDAY**- 35 THROWS AT 60'

**SATURDAY**- 20 THROWS AT 60' (light day of throwing)

#### **WEEK 8 POST OP:**

*Warm up with light throwing to 60 feet. Begin counting when you have reached your scheduled distance. You should be strong enough to begin to throw with more intensity. Do not throw with max effort but at an effort that is strong yet comfortable. As the week goes by and you feel more comfortable and your strength is improving, you can increase your throwing effort.*

**MONDAY**- 15 THROWS AT 60' AND 10 THROWS AT 75' (after your throws at 60 feet, begin to back up to 75 feet. When you have reached 75 feet begin counting your 10 throws)

**TUESDAY**- 25 THROWS AT 75'

**WEDNESDAY**- 35 THROWS AT 75'



Home to the Texas Rangers

**THURSDAY-** 25 THROWS AT 75' AND 10 THROWS AT 90' (after your throws at 75 feet, begin to back up to 90 feet. When you have reached 90 feet begin counting your 10 throws)

**FRIDAY-** 25 THROWS AT 90'

**SATURDAY-** 35 THROWS AT 90'

**WEEK 9 POST OP:**

*At this phase of throwing, you should have good arm strength and be able to throw on a line. Make sure you are warm before letting the ball go.*

**MONDAY-** 15 THROWS AT 90' AND 10 THROWS AT 105'

**TUESDAY-** 25 THROWS AT 105'

**WEDNESDAY-** 35 THROWS AT 105'

**THURSDAY-** 25 THROWS AT 105' AND 10 THROWS AT 120'

**FRIDAY-** 25 THROWS AT 120'

**SATURDAY-** 35 THROWS AT 120'

**WEEK 10 POST OP:**

*When throwing 10 minute toss, throw at a comfortable distance. You do not have to throw to 120 feet on a daily basis. Throw flat ground at a distance of 60 feet. **THROW AT A COMFORTABLE EFFORT LEVEL.** Begin by throwing off the mound and flat ground from the stretch position.*

**MONDAY-** 10 MIN. TOSS FOLLOWED BY 10 FASTBALLS AND 5 CHANGE UPS FROM THE MOUND

**TUESDAY-** LIGHT TOSS FOLLOWED BY 10 CURVE BALLS ON THE FLAT GROUND AT 60 FEET

**WEDNESDAY-** 10 MIN. TOSS FOLLOWED BY 10 FASTBALLS AND 5 CHANGE UPS FROM THE MOUND

**THURSDAY-** LIGHT TOSS FOLLOWED BY 10 CURVE BALLS ON THE FLAT GROUND AT 60 FEET

**FRIDAY-** 10 MIN. TOSS FOLLOWED BY 15 FASTBALLS AND 10 CHANGE UPS FROM THE MOUND

**SATURDAY-** LIGHT TOSS FOLLOWED BY 10 CURVE BALLS ON THE FLAT GROUND AT 60 FEET

**SUNDAY-** LIGHT TOSS

**WEEK 11 POST OP:**

*Continue to throw at a comfortable effort level. You may increase your intensity as you feel more comfortable with mechanics and arm strength. You may begin to throw from both the stretch and wind up.*

**MONDAY-** 10 MIN. TOSS AND 35 PITCHES OFF THE MOUND. ALL PITCHES CAN BE THROWN.

**TUESDAY-** 10 MIN. TOSS TO A COMFORTABLE DISTANCE

**WEDNESDAY-** TOSS AND 20 PITCHES OFF THE MOUND. ALL PITCHES CAN BE THROWN.

**THURSDAY-** 10 MIN. TOSS TO A COMFORTABLE DISTANCE

**FRIDAY-** 10 MIN. TOSS AND A 35 PITCH BULLPEN.

**SATURDAY-** TOSS

**SUNDAY-** LIGHT TOSS

**WEEK 12 POST OP:**

*At this phase, you may begin to increase your intensity in the bullpen. You should be at about 80% to 85% max effort during your bullpens for this week.*

**MONDAY-** 10 MIN. TOSS AND A 45 PITCH BULLPEN (SPLIT THE PEN UP BY THROWING 25 PITCHES FOLLOWED BY A 5 TO 8 MINUTE REST AND THEN THROW THE NEXT 20 PITCHES)

**TUESDAY-** 10 MIN. TOSS

**WEDNESDAY-** 20 PITCH BULLPEN (THIS IS DESIGNED AS A LIGHT BULLPEN SESSION. DO NOT THROW WITH MAX EFFORT. WORK ON MECHANICS AND LOCATION.)

**THURSDAY-** 10 MIN. TOSS

**FRIDAY-** 25 PITCH SIMULATED GAME (PITCH TO HITTERS IN A CONTROLLED ENVIRONMENT. THROW 15 FROM THE WIND UP AND 10 FROM THE STRETCH. USE A SCREEN IN FRONT OF THE PITCHER FOR PROTECTION.)

**SATURDAY-** 10 MIN. TOSS (THIS WILL BE THE BEGINNING OF THE 5 DAY ROTATION THROWING PROGRAM. STARTING TODAY, YOU WILL HAVE 4 DAYS OFF BEFORE YOUR NEXT SIMULATED GAME.)

**SUNDAY-** 10 MIN. TOSS

**WEEK 13 POST OP:**

*Continue to increase your effort as arm strength allows.*

**MONDAY-** 20 PITCH LIGHT BULLPEN. WORK ON MECHANICS AND ANYTHING ELSE YOU NEED TO WORK ON.

**TUESDAY-** LIGHT TOSS

**WEDNESDAY-** 35 PITCH SIMULATED GAME WITHOUT PROTECTIVE SCREEN IN FRONT OF PITCHER. BREAK DOWN INTO A SPLIT SESSION. 20 PITCHES FOLLOWED BY A 5 TO 8 MIN. REST, FOLLOWED BY 15 MORE PITCHES.

**THURSDAY-** 10 MIN. TOSS

**FRIDAY-** 10 MIN. TOSS

**SATURDAY-** 25 PITCH BULLPEN

**WEEK 14 POST OP:**

*This week begins your throwing progression for game situations. We will limit your pitches to 25 to 30 for the first game and build from there. A game situation is different from a simulated game.*

**MONDAY-** 25 TO 30 PITCHES IN GAME

**THURSDAY-** 25 PITCH BULLPEN

**SATURDAY-** 35 TO 40 PITCHES IN GAME

**\*PROGRESS BY 5 TO 10 PITCHES PER OUTING.**

**\*IF YOU ARE A STARTER, YOU WILL NEED MORE OUTINGS WITH A PITCH COUNT SO YOU CAN CONTINUE TO BUILD ARM STRENGTH.**

**\*IF YOU ARE A RELIEVER, YOU MAY NOT NEED AS MANY OUTINGS WITH A PITCH COUNT SINCE YOU MAY NOT THROW MORE THAN 45 TO 50 PITCHES IN A GAME.**

**\*DO NOT RUSH THROUGH THE THROWING PROGRAM. TAKE YOUR TIME. DO NOT START THROWING AT 60 FEET AND RUSH BACK TO 120 FEET.**

**\*WHEN INCREASING INTENSITY DURING YOUR THROWING PROGRAM, LISTEN TO YOUR BODY. IF YOU ARE EXPERIENCING SORENESS OR WEAKNESS, BACK IT OFF A BIT.**