

## Baseball/Softball Functional Progression

Once you have completed the appropriate phases of rehabilitation it will be possible to begin a functional progression. The functional progression is an ordered sequence of activities which enable you to reacquire the skills necessary for safe and effective return to athletic activity.

Begin with step one. If you can do the prior step without pain or limping you may proceed to the next step. It is very important that you perform each exercise correctly, without apprehension. When you have successfully completed each step of the functional progression you may then attempt to return to your sport. You should wear any protective equipment recommended by your physical therapist or athletic trainer.

1. Heel raises - injured leg - 10 times
2. Walk at fast pace - around all bases or basketball court
3. Jump on both legs - 10 times
4. Jump on the injured leg - 10 times
5. Jog straight - 100 yards
6. Jog straight and curves - 2 laps around bases each direction
7. Sprint - 1/2, 3/4, full speed - 1st base
8. Run figure 8's - home plate to pitcher's mound
9. Sprints - rounding 1st base - 1/2, 3/4, full speed
10. Backward run - simulate fielding fly ball
11. Throwing - Short toss to long toss
12. Hitting - tee to batting cage to live
13. Position drills \_\_\_\_\_

If you have any questions regarding your exercises, please contact your physical therapist at (317) 817-1200 or 1-800-SPORTS-MED

Therapist \_\_\_\_\_ Ext: \_\_\_\_\_

### HOME EXERCISE PROGRAM