

Functional Throwing Progression

The purpose of the throwing progression is to **gradually** allow the athlete to increase the intensity of throwing while **minimizing** the chance for a re-occurrence of injury. The athlete **must** follow the intensity and number of throws closely to help prevent the chance for re-injury and to properly condition the arm and the entire body. The athlete can progress from one level to the next as long as no pain occurs and proper throwing mechanics can be maintained throughout the phase. If pain occurs or if there's a break down of throwing mechanics, then the progression should be backed off then resumed as able.

Prior to throwing, the athlete must partake in an appropriate warm-up routine. This should consist of whole body movements that will increase the heart rate and increase blood flow. Light stretching prior to throwing is optional. The athlete should start throwing at the shorter distances and work their way up to the workout distance. When at 75' and further, a step and throw technique should be used to help incorporate the lower body. Following throwing, the athlete should perform any strengthening and stretching exercises as prescribed, along with optional ice application.

- A. 30 Foot Phase** Perform 3 x week at a light intensity
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| <p>Week 1
Warm-up
15 throws at 30 feet
Perform strengthening and stretching.
Ice</p> | <p>Week 2
Warm-up
25 throws at 30 feet
Perform strengthening and stretching.
Ice</p> |
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- B. 45 Foot Phase** Perform 3 x week at a light intensity
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| <p>Week 3
Warm-up
15 throws at 30 feet
15 throws at 45 feet
Perform strengthening and stretching
Ice</p> | <p>Week 4
Warm-up
15 throws at 30 feet
15 throws at 45 feet
Rest 5 minutes
10 throws at 30 feet
10 throws at 45 feet
Perform strengthening and stretching
Ice</p> |
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- C. 60 Foot Phase** Perform 3 x week at a light to medium intensity
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| <p>Week 5
Warm-up
15 throws at 30 feet
15 throws at 45 feet
10 throws at 60 feet
Perform strengthening and stretching
Ice</p> | <p>Week 6
Warm-up
15 throws at 30 feet
10 throws at 45 feet
10 throws at 60 feet
Rest 5 minutes
10 throws at 30 feet
10 throws at 45 feet
10 throws at 60 feet
Perform strengthening and stretching
Ice</p> |
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HOME EXERCISE PROGRAM

METHODIST SPORTS MEDICINE—THE ORTHOPEDIC SPECIALIST

D. 75 Foot Phase

Perform 3 x week at a medium intensity

Week 7

Warm-up
15-20 throws 30-60 feet
15 throws at 60 feet
10 throws at 75 feet
Perform strengthening and stretching
Ice

Week 8

Warm-up
15-20 throws at 30-60 feet
10 throws at 60 feet
10 throws at 75 feet
Rest 5 minutes
Warm-up throwing (15 throws 30-60 feet)
10 throws at 60 feet
10 throws at 75 feet
Perform strengthening and stretching

E. 90 Foot Phase

Perform 3 x week at a medium to high intensity

Week 9

Warm-up
10 throws at 30-45 feet
10 throws at 45 feet
10 throws at 60 feet
10 throws at 75 feet
10 throws at 90 feet
Perform strengthening and stretching
Ice (optional)

Week 10

Warm-up
10 throws at 30-45 feet
10 throws at 45-60 feet
10 throws at 60-75 feet
10 throws at 75 feet
10 throws at 90 feet
Rest 5 minutes
10 throws at 30-45 feet
10 throws at 45-60 feet
10 throws at 60-75 feet
10 throws at 75-90 feet
10 throws at 90 feet
Perform strengthening and stretching
Ice (optional)

F. 110 Foot Phase

Perform 3 x week at a high intensity

Week 11

Warm-up
15 throws at 30-60 feet
10 throws at 60-75 feet
10 throws at 75-90 feet
10 throws at 90 feet
15 throws at 110 feet

Week 12

Warm-up
15 throws at 30-60 feet
10 throws at 60-75 feet
10 throws at 75-90 feet
10 throws at 90-100 feet
20 throws at 110 feet

F. 120 Foot Phase

Perform 3 x week at a high intensity

Week 13

Warm-up
20 throws at 30-75 feet
10 throws at 75-90 feet
10 throws at 90-110 feet
10 throws at 110-120 feet
10 throws at 120 feet
Perform strengthening and stretching
Ice

Week 14

Warm-up
20 throws at 30-75 feet
10 throws at 75-90 feet
10 throws at 90-110 feet
15 throws at 110 feet
20 throws at 120 feet
Perform strengthening and stretching
Ice