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10 STEP RETURN TO PLAY THROWING PROGRAM FOR POSITION PLAYERS

This 10 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.

5-10 minutes of stationary bike or running followed by upper and lower extremity stretching must proceed each throwing session. The throwing program must be performed when the athlete is "fresh". Thus strength and conditioning activity must follow throwing activity.

The athlete must successfully complete 2 throwing sessions without pain at one level prior to advancing to the next higher level.

STEP 1: 3 x/week; every other day
3 sets x 15 throws at 30 feet increasing to 45 feet

STEP 2: 40 throws 3x/week; every other day
10 @ 50 feet
20 @ 60 feet
10 @ 50 feet

STEP 3: 50 throws 3x/week; every other day
10 @ 50 feet
10 @ 60 feet
10 @ 75 feet
10 @ 60 feet
10 @ 50 feet

STEP 4: 3x/week; every other day

DAY 1 (50 THROWS)	DAY 2 (60 THROWS)	DAY 3 (60 THROWS)
10 @ 60 feet	10 @ 60 feet	10 @ 60 feet
10 @ 75 feet	10 @ 75 feet	10 @ 75 feet
10 @ 90 feet	10 @ 90 feet	10 @ 90 feet
10 @ 75 feet	10 @ 75 feet	10 @ 75 feet
10 @ 60 feet	10 @ 60 feet	10 @ 60 feet



STEP 5: 3x/week; every other day

DAY 1 (60 THROWS)	DAY 2 (65 DAYS)	DAY 3 (70 THROWS)
10 @ 60 feet	10 @60 feet	10 @ 60 feet
10 @ 90 feet	10 @ 90 feet	10 @ 90 feet
10 @ 110 feet	10 @ 110 feet	10 @ 110 feet
10 @ 90 feet	10 @ 90 feet	10 @ 90 feet
20 throws to first base	25 throws to first base	30 throws to first base

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

STEP 6: 70 throws 3x/week; every other day

- 10 @ 60 feet
- 10 @ 90 feet
- 10 @ 120 feet
- 10 @ 90 feet
- 30 throws to first base

STEP 7: 60 throws 3x/week; every other day

- 10 @ 60 feet
- 10 @ 90 feet
- 10 @ 120 feet
- 10 @ 90 feet
- 20 throws to first base

STEP 8: 60 throws 3x/week; every other day

- 10 @ 60 feet
- 10 @ 90 feet
- 10 @ 120 feet
- 10 @ 90 feet
- 30 throws to first base

STEP 9: 3x/week; every other day

- 10 @ 60
- 10 @ 90
- 10 @ 150
- 10 @ 120
- 30 throws to first base

STEP 10: Game simulation – take infield