

Johns Hopkins Shoulder Surgery
Progressive Throwing Program

Johns Hopkins Shoulder Surgeons

INTRODUCTION:

Purpose:

The progressive throwing program is designed to gradually increase the functional strength, range of motion, and condition of the throwing arm, while simultaneously instilling confidence in the athlete and their ability to return to competition.

Goals:

1. To enable the athlete to return to a pain free competitive throwing level by gradually increasing stress to the throwing arm.
2. To assist in developing a smooth transfer of energy through the kinetic chain (feet, legs, pelvis, trunk, shoulder, elbow, wrist, hand)
3. To improve the functional strength and condition of each component of this chain.
4. To increase the endurance of throwing arm.
5. To educate the athlete on the importance of warm-ups.
6. To minimize the chance of re-injury. When can I start?: The progressive throwing program begins only after your physician gives permission to do so. Before beginning this program, the athlete should have full, pain free range of motion of all joints and adequate muscle strength and endurance.

General Guidelines:

1. Properly warm up the entire body by jogging or performing simple calisthenics (Goal: light sweat)

2. Thoroughly stretch all muscle groups beginning with the legs and progressive through the pelvis, trunk, arms, and ending with the shoulder (8-10 minutes)
3. Begin throwing under the guidance of a knowledgeable health care professional (physician, therapist, trainer, and/ or coach). Perform each step for two consecutive days, rest for one day, then progress to the next step.
4. NEVER progress to the next step if pain was encountered during the previous one. STOP!
5. Follow the progression rigidly. DO NOT skip your prescribed steps. If you increase the intensity too fast, you will increase your risk of re-injury and may delay your return to competition.
6. Perform your strengthening exercises of high repetitions (15-20 reps) and low resistance (5-6 lbs.) on the same day(s) that you throw after throwing unless otherwise instructed.
7. Stretch after performing the throwing and strengthening exercises.
8. Ice the rehabilitated area (front and back) for 15-20 minutes after exercising.
9. Use the off day for flexibility exercises and ice, if necessary.
10. EXPECT SOME SORENESS, but not pain.

PITCHERS PROGRESSION

(with knowledgeable observer)

1. Warm-up throwing

Fast balls 1/2 spd (6-8 min.)

Long toss 90-120 ft. (3-5 min.)

2. Warm-up throwing

Fast balls 1/2 spd (8-10 min.)

Long toss 90-120 ft. (3-5 min.)

3. Warm-up throwing

Fast balls 3/4 spd (6-8 min.)

Long toss 90-120 ft. (3-5 min.)

4. Warm-up throwing

Fast balls 3/4 spd (8-10 min.)

Long toss 90-120 ft. (3-5 min.)

5. Warm-up throwing

Fast balls full spd. (4-6 min)

Rest (4-6 min.)

Fast balls full speed (4-6 min.)

Long toss

6. Warm-up throwing

Fast balls full spd. (3-5 min.)

Rest (3-5 min.)

Breaking pitches 3/4 spd. (3-5 min.)

Rest (3-5 min.)

7. Warm-up throwing

Fast balls full spd. (3-5 min.)

Rest (3-5 min.)

Breaking pitches 3/4 spd. (3-5 min.)

Rest (3-5 min.)

Breaking pitches 3/4 spd. (3-5 min.)

Rest (3-5 min.)

Fast ball full spd. (3-5 min.)

Longtoss (2-3 min.)

8. Warm-up throwing

Fast balls full spd. (3-5 min.)

Rest (3-5 min.)

Breaking pitches 3/4 spd. (3-5 min.)

Rest (3-5 min.)

Breaking pitches full spd. (3-5 min.)

Rest (3-5 min.)

Fast ball full spd.

9. Warm-up throwing

Fast balls full spd. (3-5 min.)

Rest (3-5 min.)

Breaking pitches 3/4 spd. (3-5 min.)

Rest (3-5 min.)

Breaking pitches full spd. (3-5 min.)

Rest (3-5 min.)

Fast ball full spd.

10. Batting Practice

11. Game

F1 180 ft. (Crow-hop)

Warm-up throwing

Throwing (6-8 min.)

F2 180 ft. (Crow-hop)

Warm-up throwing

Throwing (8-10 min.)

F3 210 ft. (Crow-hop)

Warm-up throwing

Throwing (6-8 min.)

Rest (5-6 min.)

Throw (6-8 min.)

F4 240 ft. (Crow-hop)

Warm-up throwing

Throwing (6-8 min.)

Rest (5-6 min.)

Throw (6-8 min.)