

# Ascension Borgess Orthopedics & Sports Medicine

## Postop Rehabilitation

### Return to Throwing Program

#### Criteria for progression to next level:

- No pain or stiffness when throwing
- No pain or stiffness after throwing
- All throwing should be effortless motion
- Every other day (Every third day if fatigue/soreness persists)
- Satisfactory response following 3 days of activity at each level

#### **45 Feet:**

Level 1:

First day Warm-up throws at 20-45 feet

25 throws at 45 feet

1 set only

Rest next day

Warm-down throws

Level 2:

Warm-up throws at 20-45 feet

25 throws at 45 feet

2 sets

Rest 10 minutes between sets

Warm-down throws

Throw on alternate days

#### **60 Feet:**

Level 1:

Warm-up throws at 20-60 feet

25 throws at 60 feet

2 sets

Rest 10 minutes between sets

Warm-down throws

Throw on alternate days

Level 2:

Warm-up throws at 20-60 feet

25 throws at 60 feet

3 sets

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## Postop Rehabilitation

Rest 5-10 minutes between sets

Warm-down throws

Throw on alternate days

### **90 Feet:**

Level 1:

Light warm-up throws at 20 -90 feet

25 throws at 90 feet

2 sets

Rest 10 minutes between sets

Warm-down throws

Throw on alternate days.

Level 2:

Light warm-up throws at 20 -90 feet

25 throws at 90 feet

3 sets

Rest 5 -10 minutes between sets

Warm -down throws

Throw on alternate days

### **105 Feet:**

Level 1:

Warm -up throws at 20 -105 feet

25 throws at 105 feet

2 sets

Rest 10 minutes between sets

Warm-down throws

Throw on alternate days.

Level 2:

Warm-up throws at 20 -105 feet

25 throws at 105 feet

3 sets

Rest 5 -10 minutes between sets

Warm-down throws

Throw on alternate days

### **120 Feet:**

Level 1:

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Warm -up throws at 20 -120 feet

Throws at 120 feet (25 throws)

2 sets

Rest 10 minutes between sets

Warm-down throws

Throw on alternate days

10 minute toss on off day

Level 2:

Warm-up throws at 20-120 feet

Throws at 120 feet (25 throws)

3 sets

Rest 5-10 minutes between sets

Warm-down throws

Begin flat ground pitching at 45 feet

Throw on alternate days

10 minute toss on off day

### **MOUND PROGRAM:**

Fast Ball (FB), Change (CH), Breaking Ball (BrB), Bullpen/Batting Practice (BP)

Level 1:

Warm-up throws at 20-120 feet

1 set throws at 120 feet 25 throws

Rest 10 minutes

Throw from mound (FB only) 25 throws

50 foot throw – move catcher forward

Warm-down throws

Throw on alternate days

10 minute toss on off day

Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Thr/Off/Off

Level 2:

Warm-up throws at 20-120 feet

1 set throws at 120 feet 25 throws

Rest 10 minutes

Throw from mound (FB, CH: 1 of 5 CH) 35 throws

55 foot throw – move catcher forward

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Warm-down throws

Throw on alternate days

10 minute toss on off day

Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Thr/Off/Off

Level 3:

Warm-up throws at 20-120 feet

1 set throws at 120 feet 25 throws

Rest 10 minutes

Throw from mound (FB, CH: 1 of 5 CH) 40 throws

55 foot throw – move catcher forward

Warm-down throws

Throw on alternate days

10 minute toss on off day

Rotate as follows: Thr/Off/Thr/Off/Off/Thr/Off/Thr/Off/Off

Level 4:

Routine warm-up

Short Bullpen (1 of 5 BrB) 8-10 minutes

Routine warm-down

10 minute toss on off day

Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off

Level 5:

Routine warm-up

Short Bullpen (1 of 5 BrB) 10-12 minutes

Routine warm-down

10 minute toss on off day

Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off

Level 6:

Routine warm-up

Full Bullpen 12-15 minutes

Routine warm-down

10 minute toss on off day

Rotate as follows: BP/Off/BP/Off/Off/BP/Off/BP/Off/Off

Level 7:

Routine warm-up

Short Batting Practice 8-10 minutes

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