



## RE-ENTRY THROWING PROGRAM

### Criteria for Entry

1. Full, pain free ROM
2. Normal, pain free muscle strength
3. Satisfactory functional testing
4. Physician approval

### Considerations

1. Emphasize pre-throwing warm-up and stretching
  - should perform light jogging or other general body activity
  - follow with stretching of the shoulder (self or manual)
  - light toss warm-up throws at approximately 30-60 feet (up to 50 reps)
2. Goal is to complete each phase before progressing to the next
  - if unable to complete a phase, rest one day and try again
  - all throwing must be pain free
3. Proper throwing mechanics are essential to injury prevention
  - use the “crow-hop” method of throwing for long toss activities
  - long toss throws should have a high arc on the ball
  - follow thru is vital
  - for pitchers, throwing from mound should be done under the supervision of a coach only
4. Perform strengthening exercises after throwing workouts
  - emphasize light weight and high reps (shoulder specific)
  - exercise to fatigue
5. Rest days are essential
  - soreness is to be expected; control pain with heat and ice where indicated
  - rest one day before progressing to the next step or phase
  - perform light stretching and aerobic activities on rest days
6. Stop throwing if sharp pains are experienced

- players should notify ATC immediately
7. When phase I is complete (75 x 180 ft), progress to specific throwing
- pitchers progress to mound
  - positions players move to position

### **PHASE I: LONG TOSS**

- All players must begin re-entry with this phase
- Throwing is performed every other day
- All throwing must be pain free
- Emphasize a “crow-hop” throw with proper follow thru
- Always warm-up first; jog, stretch, light toss (30-60 ft)
- Continue a maintenance strengthening program; perform after throwing
- Soreness is expected, rest and use ice and heat when indicated by the trainer
- After completion of Phase I, progress to specific position

STEP 1: Distance: 45 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 45 ft  
Rest 15 minutes  
Warm-up throws  
25 throws @ 45 ft  
Rest 15 minutes

STEP 2: Distance: 45 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 45 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 45 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 45 ft

STEP 3: Distance 60 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 60 ft  
Rest 15 minutes  
Warm-up throws  
25 throws @ 60 ft  
Rest 15 minutes

STEP 4: Distance 60 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 60 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 45 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 60 ft

STEP 5: Distance: 90 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 90 ft  
Rest 15 minutes  
Warm-up throws  
25 throws @ 90 ft  
Rest 15 minutes

STEP 6: Distance: 90 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 90 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 90 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 90 ft

STEP 7: Distance: 120 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 90 ft  
Rest 15 minutes  
Warm-up throws  
25 throws @ 90 ft  
Rest 15 minutes

STEP 8: Distance: 120 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 120 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 120 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 120 ft

STEP 9: Distance: 150 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 150 ft  
Rest 15 minutes  
Warm-up throws  
25 throws @ 150 ft  
Rest 15 minutes

STEP 10: Distance: 150 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 120 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 120 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 120 ft

STEP 11: Distance: 180 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 180 ft  
Rest 15 minutes  
Warm-up throws  
25 throws @ 180 ft  
Rest 15 minutes

STEP 12: Distance: 180 ft  
Routine: Warm-up throws (15-20 @ 30-60 ft)  
25 throws @ 180 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 180 ft  
Warm-up throws  
Rest 10 minutes  
25 throws @ 180 ft

COMPLETION TIME: APPROXIMATELY ONE MONTH

PITCHERS: progress to preseason/re-entry program from mound

POSITIONAL PLAYERS: progress to preseason/re-entry program for specific position

BATTING: unrestricted in preseason, physician approval needed for re-entry (if not already approved)

## **PHASE II: RE-ENTRY FOR PITCHERS**

- Pitchers must be able to throw 75 times at 180 ft pain free
- All pitchers must follow this progression under supervision of coach or athletic trainer
- All throwing must be pain free
- Emphasize proper body mechanics and follow through
- Always warm-up first; jog, stretch, light toss (30-60 ft)
- Soreness is expected; rest and use ice or heat where indicated
- Continue maintenance strengthening program; perform after throwing

STEP 1: Long toss (90-120 ft x 50 throws)  
15 fastballs @ 50%

STEP 3: Long toss (90-120 ft x 25 throws)  
45 fastballs @ 50%

STEP 5: Long toss (90-120 ft x 25 throws)  
30 Fastballs @ 75%

STEP 7: 45 Fastballs @ 75%  
5 Minutes rest  
15 fastballs @ 50%

STEP 9: 30-45 Fastballs @ 75%  
15 Fastballs at BP

STEP 11: 20-30 Fastballs @ 75%  
5 Minutes rest  
15 Curveballs @ 50%  
5 Minutes rest  
30-45 Fastballs at BP

STEP 13: 30 Fastballs @ 75%  
Up to 45 pitches in BP  
(25% curve)

STEP 2: Long toss (90-120 ft x 50 throws)  
30 Fastballs @ 50 %

STEP 4: Long toss (90-120 ft x 25 throws)  
45-60 Fastballs @ 50%

STEP 6: 30 Fastballs @ 75%  
5 minutes rest  
45 Fastballs @ 50%

STEP 8: 45-60 Fastballs @ 75%

STEP 10: 30-45 Fastballs @ 75%  
5 Minutes rest  
20-30 Curveballs @75%  
5 Minutes rest  
30 Fastballs at BP

STEP 12: 30 Fastballs @ 75%  
5 Minutes rest

20-30 Curveballs @ 75%  
5 Minutes rest  
30 Fastballs at BP

STEP 14: Simulated Game

### **PHASE II: RE-ENTRY FOR INFIELDBERS**

- Infielders must be able to throw 75 times @ 180 ft pain free before entering this phase
- All infield players (except catchers) must follow this progression
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing techniques
- Always warm-up first; jog, stretch, light toss (30-60 ft)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing

STEP 1: Warm-up to 150 ft (15-20 throws)

15 throws from position to 1B  
Rest 10 minutes  
15 throws from position to 1B  
Rest 10 minutes  
20 Long toss @ 150 ft

STEP 2: Warm-up to 150 ft (15-20 throws)

15 throws from position to 1B (50% backhand, 50% glove-side)  
Rest 10 minutes  
15 throws from position to 1B (50% backhand, 50% glove-side)  
20 long toss @ 150 ft

STEP 3: Warm-up to 150 ft (15-20 throws)

15 throws from position to 1B w/feet planted (backhand)  
Rest 5 minutes  
15 throws from position to 1B w/feet planted (glove-side)  
Rest 5 minutes  
20 long toss @ 150 ft

STEP 4: Warm-up to 150 ft

Fielding and batting practice  
20 long toss @ 180 ft

STEP 5: Simulated game

## **PHASE II: RE-ENTRY FOR OUTFIELDERS**

- Outfielders must be able to throw 75 times @ 180 ft pain free before entering this phase
- All infield players (except catchers) must follow this progression
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing techniques
- Always warm-up first; jog, stretch, light toss (30-60 ft)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing
- Outfielders should have fielding and catching drill work in addition to this progression

STEP 1: Warm-up to 180-200 ft (up to 15 throws)

15 throws @ 120-150 ft  
Rest 10 minutes  
20 throws @ 120-150 ft  
20 long toss @ 180-200 ft

STEP 2: Warm-up to 200-220 ft (up to 15 throws)

15 throws @ 180-200 ft  
Rest 10 minutes  
20 throws @ 180-200 ft  
10 long toss @ 225-250 ft

STEP 3: Warm-up to 225-250 ft (up to 15 throws)

5 throws to each base (2B, 3B, Home)  
Rest 5 minutes  
6 throws to each cut-off (2B, SS)  
10 long toss @ 225-250 ft

STEP 4: Warm-up to 225-250 ft (up to 15 throws)

5 throws to each base (2B, 3B, Home)  
3 throws to each cut-off (2B, SS, Infield cut)  
Rest 5 minutes  
2 throws to each base (2B, 3B, Home)  
3 throws to each cut-off (2B, SS, Infield cut)  
10 long toss up to 250 ft

STEP 5: Warm –up to 250 ft  
5 throws to each base  
5 throws to each cut-off  
Rest 10 minutes  
5 throws to each base  
5 throws to each cut-off  
10 long toss up to 250 ft

STEP 6: Simulated game

### **PHASE III: RE-ENTRY FOR CATCHERS (OPTIONAL)**

- Catchers must complete the infielders re-entry program before entering this phase
- ALL throwing must be pain free
- Emphasize proper body mechanics and throwing technique
- Always warm-up first: jog, stretch, light toss (30-60 ft)
- Soreness is expected; rest and use ice and heat where indicated by the trainer
- Continue a maintenance strengthening program; perform after throwing
- Catchers should have fielding and catching drill work in addition to this progression

STEP 1: Warm-up to 150 ft (up to 15 throws)  
15 throws @ 60 ft  
15 throws @ 90 ft  
15 throws @ 120 ft  
Rest 10 minutes  
15 throws from squat @ 60 ft  
15 throws from squat @ 90 ft  
15 throws from squat @ 120 ft  
10 long toss @ 120 ft

STEP 2: Warm-up to 150 ft  
20 throws to mound from squat after pitch  
10 throws to each base from squat after pitch  
Rest 10 minutes  
30 throws to mound from squat after pitch  
10 throws to each base from squat after pitch  
20 long toss @ 150 ft

STEP 3: Warm-up to 150 ft  
20 throws to mound from squat after pitch  
10 throws to each base from squat after pitch  
Rest 5 minutes  
10 throws to each base after bunt  
30 throws to mound from standing  
20 long toss @ 150 ft

STEP 4: Simulated game