BASEBALL
QUEENSLAND

Return to Throw Program

Return to Throw Program

After a period of no throwing (either from an injury or just from a break) it's important to progress both the volume and intensity of throwing gradually to prevent the onset of further injury. A progressive throwing program should be included as part of the rehabilitation process to condition the athlete for a 'normal' volume of work.

The purpose of the following throwing program is to progress an athlete from a state of 'no-throwing' to that of normal training. Progression from one level to the next is only appropriate if the athlete remains pain free! Each day of throwing should be separated by a day of rest (no throwing) until level 7 is completed. Athletes are to engage in a full active warm up prior to engaging in any throwing.

Progressive Program Outline

Level 1:
• 20 throws at 45 feet (<15 meters)
• 10 throws at 60 feet (<20 meters) or pitching distance
Total: 30 throws

Level 2:
• 20 throws at 45 feet (<15 meters)
• 20 throws at 60 feet (<20 meters) or pitching distance
Total: 40 throws

Level 3:
• 20 throws at 45 feet (<15 meters)
• 20 throws at 60 feet (<20 meters) or pitching distance
• 10 throws at 90 feet (<30 meters) or base distance
Total: 50 throws

Level 4:
• 20 throws at 45 feet (<15 meters)
• 20 throws at 60 feet (<20 meters) or pitching distance
• 20 throws at 90 feet (<30 meters) or base distance
Total: 60 throws

Level 5:
• 20 throws at 45 feet (<15 meters)
• 20 throws at 60 feet (<20 meters) or pitching distance
• 20 throws at 90 feet (<30 meters) or base distance
• 10 throws at 120 feet (<40 meters) or back of cut-out
• 10 throws at 60 feet (<20 meters) or pitching distance
Total: 80 throws

Level 6:
• 20 throws at 45 feet (<15 meters)
• 20 throws at 60 feet (<20 meters) or pitching distance
• 20 throws at 90 feet (<30 meters) or base distance
• 20 throws at 120 feet (<40 meters) or back of cut-out
• 10 throws at 60 feet (<20 meters) or pitching distance
Total: 90 throws

Level 7:
• 20 throws at 45 feet (<15 meters)
• 20 throws at 60 feet (<20 meters) or pitching distance
• 20 throws at 90 feet (<30 meters) or base distance
• 20 throws at 120 feet (<40 meters) or back of cut-out
• 10 throws at 150 feet (> 45 meters) or long toss
• 10 throws at 60 feet (<20 meters) or pitching distance
Total: 100 throws

NB: Distances may need to be reduced for younger players.

If all goes according to plan and the athlete remains pain free, this Progressive Throwing Program will take 14 days, however if the athlete does experience any pain, seek advice from a physiotherapist and observe additional days rest until the athlete is pain free again or instructed by a physiotherapist to return to throwing.

If the delay to continuing the Return to Throw Program is only a few days the athlete should resume the throwing program at the level they were at when they first experienced pain and only progress to the next level once they are pain free after 1 days rest (or on the advice of their Physiotherapist). If returning from injury or a significant break the supervising coach/therapist may advise the athlete to progress at a slower (more appropriate) pace ie. at least 2 pain-free days at each level before progressing. A set back of a week or more during this Return to Throw period will see the athlete return to level 1.

During this throwing program the athlete should not participate in any other throwing. Only after completing Level 7 is the athlete permitted to start throwing on consecutive days, participate in game play or start throwing light bullpens. Pitchers should complete additional preparation to pitch before pitching in games.

Progression from one stage to the next is only appropriate if the athlete remains pain free!

PREPARING PITCHERS TO RETURN TO PLAY

1. **After completing the Return to Throw program, position players can participate in games and practice session. Pitchers (and anyone you plan to utilise as a pitcher - even the ones you may use in a pinch) require at least another four weeks of preparation where the intent will be to build pitchers up to throwing hard twice a week and return to the volumes they will be required to pitch in competition.**

2. **In the first week after completing the Return to Throw Program (pain free) pitchers can throw up to two bullpens progressing from no more than 30 pitches and no more than 60% intensity or a Rate of Perceived Exertion (RPE) of 6(/10). Allow at least two days between bullpens. Only progress as long as the pitcher remains pain free. If the athlete experiences pain during, immediately after or the day after throwing STOP throwing and seek advice from a Physiotherapist. Athletes should engage in a full warm up and throw program prior to throwing each bullpen.**

3. **As pitchers progress, they increase volume OR intensity bullpen to bullpen, NOT both at the same time. Increase either the volume or intensity by no more than a factor of 15 per bullpen.**

4. **Allow at least two days between bullpens.**

5. **No more than 2 bullpens per week.**

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