



For Additional Information

 314.336.2555

RETURN TO SPORT PROTOCOLS

INTERVAL HITTING PROGRAM

BASIC GUIDELINES

1. Hitting is performed every other day.
2. Proper warm-up and stretching prior to each session.
3. Emphasize hitting mechanics.
4. Perform each step twice before progressing to next step.
5. Ice for 20 minutes after hitting.
6. If pain occurs during any step, shut down for 3-5 days. Use ibuprofen or Aleve.
Resume hitting by backing up to previous step.

OFF A TEE STAND:

Step 1:	50% effort	15 - 20 swings
Step 2:	50% effort	2 sets of 15 swings
Step 3:	65-70 % effort	2 sets of 15 swings
Step 4:	70-75 % effort	2 sets of 20-25 swings
Step 5:	80-90 % effort	2 sets of 25 swings

SOFT TOSS SWINGS: WARM-UP USING A TEE STAND

Step 6:	50-60% effort	15-20 swings
Step 7:	65-70 % effort	2 sets of 20-25 swings
Step 8:	80-90 % effort	2 sets of 25 swings

BATTING PRACTICE SWINGS: WARM-UP WITH SOFT TOSS SWINGS

Step 9:	50-65 % effort	2 sets of 25 swings
Step 10:	70-75 % effort	2 sets of 30 swings
Step 11:	80-90 % effort	2 sets of 30-35 swings