



RETURN TO SPORT PROTOCOLS

LONG TOSS THROWING PROGRAM

BASIC GUIDELINES

1. Throwing is performed every other day.
2. Pre-throwing and post-throwing exercises must be performed.
This includes proper warm-up with soft toss and stretching.
3. Throw at 75-80% maximum effort.
4. Emphasize proper throwing mechanics.
5. Each STEP should take one week to complete. Each STAGE takes two weeks to complete.
6. Ice for 20 minutes after throwing.
7. If pain occurs during any step, shut down for 3-5 days. Use ibuprofen or Aleve.
Resume throwing by backing up to previous step.

45-FT. STAGE

- Step 1:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest x 15 minutes
 - d. Warm-up throwing
 - e. 25 throws

- Step 2:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest 10 minutes
 - d. Warm-up throwing
 - e. 25 throws
 - f. Rest 10 minutes
 - g. Warm-up throwing
 - h. 25 throws

60-FT. STAGE

- Step 3:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest 15 minutes
 - d. Warm-up throwing
 - e. 25 throws

- Step 4:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest 10 minutes
 - d. Warm-up throwing
 - e. 25 throws
 - f. Rest 10 minutes
 - g. Warm-up throwing
 - h. 25 throws

90-FT. STAGE

- Step 5:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest 15 minutes
 - d. Warm-up throwing
 - e. 25 throws

120-FT. STAGE

- Step 7:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest 15 minutes
 - d. Warm-up throwing
 - e. 25 throws

150-FT. STAGE

- Step 9:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest 15 minutes
 - d. Warm-up throwing
 - e. 25 throws

- Step 6:**
- a. Warm-up throwing
 - b. 25 Throws
 - c. Rest 10 minutes
 - d. Warm-up throwing
 - e. 25 throws
 - f. Rest 10 minutes
 - g. Warm-up throwing
 - h. 25 throws

- Step 8:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest 10 minutes
 - d. Warm-up throwing
 - e. 25 throws
 - f. Rest 10 minutes
 - g. Warm-up throwing
 - h. 25 throws

- Step 10:**
- a. Warm-up throwing
 - b. 25 throws
 - c. Rest 10 minutes
 - d. Warm-up throwing
 - e. 25 throws
 - f. Rest 10 minutes
 - g. Warm-up throwing
 - h. 25 throws