

## Throwing Progression

<b>Workout</b>	<b>Warm-Up</b>	<b>Throwing</b>	<b>Throws</b>	<b>Repeat</b>
<b>1</b>	to 45'	45'-25	25	No
<b>2</b>	to 45'	45'-25	25	Rest 10 min and repeat
<b>3</b>	to 45'	45'-25	25	Rest 10 min and repeat twice
<b>4</b>	to 60'	60'-25	25	No
<b>5</b>	to 60'	60'-25	25	Rest 10 min and repeat
<b>6</b>	to 60'	60'-25	25	Rest 10 min and repeat twice
<b>7</b>	to 90'	90'-25	25	No
<b>8</b>	to 90'	90'-25	25	Rest 10 min and repeat
<b>9</b>	to 90'	90'-25	25	Rest 10 min and repeat twice
<b>10</b>	to 120'	120'-25	25	No
<b>11</b>	to 120'	120'-25	25	Rest 10 min and repeat
<b>12</b>	to 120'	120'-25	25	Rest 10 min and repeat twice
<b>13</b>	to 150'	150'-25	25	No
<b>14</b>	to 150'	150'-25	25	Rest 10 min and repeat
<b>15</b>	to 150'	150'-25	25	Rest 10 min and repeat twice

## Mound Work

Mound Day	Warm-Up	Throwing
#1	20 pitches @ ½ speed	-
#2	30 pitches @ ½ speed (15, rest 5 min, 15)	-
#3	45 pitches @ ½ speed (15, rest 5 min, 15, rest 5 min, 15, rest 5 min)	-
#4	10 pitches @ ½ speed	15 pitches @ ¾ speed, 10 pitches @ ½ speed
#5	10 pitches @ ½ speed	30 pitches @ ¾ speed (15, rest 5 min, 15), 10 pitches @ ½ speed
#6	10 pitches @ ½ speed	45 pitches @ ¾ speed (15, rest 5 min, 15, rest 5 min, 15, rest 5 min), 10 pitches @ ½ speed
#7	10 pitches @ ¾ speed	15 pitches @ full speed, 10 pitches @ ¾ speed
#8	10 pitches @ ¾ speed	30 pitches @ full speed (15, rest 5 min, 15), 10 pitches @ ¾ speed
#9	10 pitches @ ¾ speed	45 pitches @ full speed (15, rest 5 min, 15, rest 5 min, 15, rest 5 min)

## Return to Throwing Guidelines

The return to throwing program of Dr. Sujan Gogu's clinic is designed to guide athletes through a progressive plan to safely return them to sport. The program includes gradual increases in throwing distance and volume while utilizing the best research available to optimize athlete safety and success. The program should be completed under the supervision of the medical team (physician, physical therapist, athletic trainer).

### Requirements to Begin Program

Requirement	Details
<b>Physician Clearance</b>	Athletes must have clearance from their physician.
<b>Pain-Free</b>	Athletes must be free of pain.
<b>Full ROM</b>	Full range of motion of shoulder and elbow.
<b>Strengthening Program</b>	Completion of a strengthening program for <ul style="list-style-type: none"> <li>• Upper body</li> <li>• Lower body</li> <li>• Core</li> </ul>

### General Guidelines

Guideline	Details
<b>Rest Day</b>	Minimum of 1 rest day between throwing sessions – per rehab professionals' discretion.
<b>Warm-Up</b>	Athletes must warm up prior to each session.
<b>Throwing Limits</b>	Throwing distances and volumes are non-negotiable and should not be exceeded without clearance by a medical team member.
<b>Proper Mechanics</b>	Proper mechanics must be utilized at all times.
<b>Fatigue</b>	If an athlete becomes fatigued prior to completion of a session, they

<b>Guideline</b>	<b>Details</b>
	should immediately stop throwing for the day.
<b>Pain During Session</b>	If an athlete notices pain during a session, they should immediately stop and contact a member of the medical team.
<b>Muscle Soreness</b>	Normal, diffuse muscle soreness after a throwing session is acceptable and to be expected.
<b>Resistance Training</b>	A resistance-training program must supplement the return to throwing program. This should never be completed prior to throwing.

### **Warm-Up**

<b>Activity</b>	<b>Details</b>
Jogging	Jog until they begin to slightly sweat. Ensures the body is warm and prepared to throw. An active warm-up may accompany jogging.

### **Stretching**

<b>Activity</b>	<b>Details</b>
Stretching	<p><b>Lower extremity stretches after jogging:</b></p> <ul style="list-style-type: none"> <li>• Shoulder</li> <li>• Elbow</li> <li>• Trunk</li> <li>• Consult your physical therapist or athletic trainer for an individualized stretching program.</li> </ul>

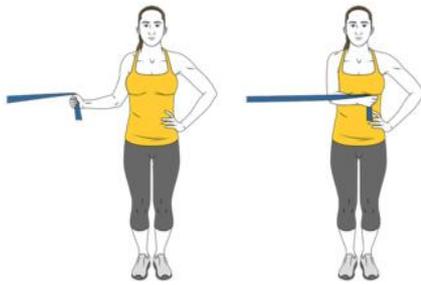
## Band Warm-Up

Activity	Details
Band Warm-Up	<ul style="list-style-type: none"><li>• One set of 15 repetitions of 3-4 shoulder exercises</li><li>• Use a medium resistance band</li><li>• No fatiguing Exercises</li></ul>

## Throwing

Guideline	Details
Crow-Hop	Complete all throws in the session Use crow-hop
Throw Mechanics	Throws on a line (slight arch) Hit partner in the chest <i>(Following through after each throw is critical to shoulder health)</i>
Pain During Session	If the athlete experiences pain during the session, they must stop immediately and rest for at least one day, or until the pain has completely subsided. In the next session, they should revert to the step prior to the last painful session (e.g., if session 10 was painful, they should rest and then attempt session 9 next time).
Breaking Balls	No breaking balls are allowed until all mound work is completed.

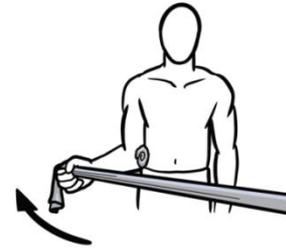
### Resisted internal rotation



1. Attach a resistance band to a stable object at waist height.
2. Hold the other end with the hand of the involved arm, elbow bent at 90 degrees.
3. Rotate your forearm inward towards your body while keeping your elbow close to your side.

*Repeat 15 times per set*

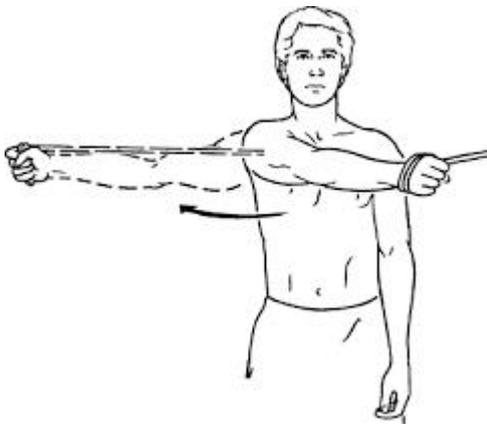
### Resisted external rotation



1. Secure a resistance band to a stable object at waist height.
2. Hold the other end with the hand of the involved arm, elbow bent at 90 degrees.
3. Rotate your forearm outward away from your body while keeping your elbow close to your side.

*Repeat 15 times per set*

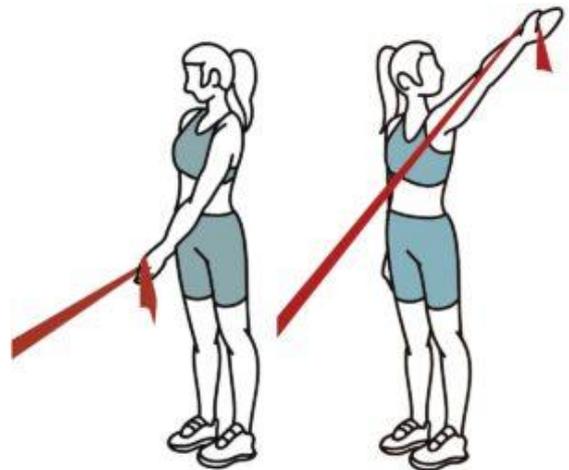
### Resisted Horizontal Abduction



1. Attach a resistance band to a stable object at shoulder height.
2. Stand sideways with the involved arm extended in front of you, holding the band.
3. Pull your arm straight out to the side, keeping it parallel to the floor, until it aligns with your shoulder, then slowly return to the starting position.

*Repeat 15 times per set*

### Resisted Diagonal



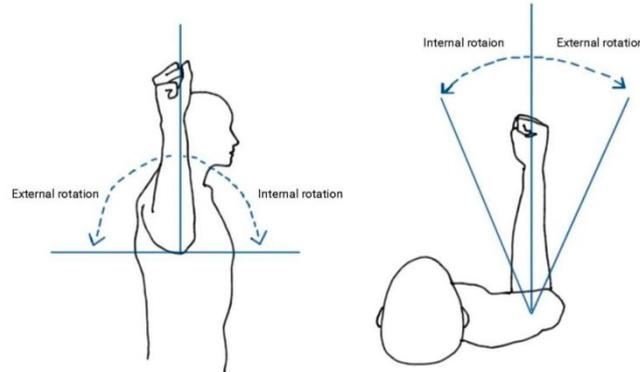
1. Attach a resistance band to a stable object at shoulder height.
2. Start with the involved arm across your body, holding the band.
3. For **diagonal upward**, pull the band up and across your body, ending with your arm extended above and outward.
4. For **diagonal downward**, start with the

arm above and across, then pull the band down and across your body toward the opposite hip.

5. Keep your movements controlled and fluid throughout.

*Repeat 15 times per set*

### External Rotation at Shoulder Height



1. Attach a resistance band to a stable object at shoulder level.
2. With your arm raised to shoulder height and bent at a 90-degree angle, hold the band with the hand of the involved arm.
3. Keeping your elbow at shoulder level and bent, rotate your forearm upward and backward away from your body, then slowly return to the starting position.

*Repeat 15 times per set*

### Softball Throwing Progression

*Call Dr. Sujan Gogu's clinic with any questions*

Workout	Warm-up Throwing Distance	Throwing Distance	Repeat?
#1	to 30'	30'-25'	No
#2	to 30'	30'-25'	Rest 10 min and repeat
#3	to 30'	30'-25'	Rest 10 min and repeat two times
#4	to 45'	45'-25'	No

<b>Workout</b>	<b>Warm-up Throwing Distance</b>	<b>Throwing Distance</b>	<b>Repeat?</b>
#5	to 45'	45'-25'	Rest 10 min and repeat
#6	to 45'	45'-25'	Rest 10 min and repeat two times
#7	to 60'	60'-25'	No
#8	to 60'	60'-25'	Rest 10 min and repeat
#9	to 60'	60'-25'	Rest 10 min and repeat two times
#10	to 80'	80'-25'	No
#11	to 80'	80'-25'	Rest 10 min and repeat
#12	to 80'	80'-25'	Rest 10 min and repeat two times
#13	to 100'	100'-25'	No
#14	to 100'	100'-25'	Rest 10 min and repeat
#15	to 100'	100'-25'	Rest 10 min and repeat two times

### **Bullpen Pitching Work**

*Call Dr. Sujan Gogu's clinic with any questions*

<b>Mound Day</b>	<b>Warm-up Throwing Distance</b>	<b>Pitching Session</b>
#1	to 60'	25 pitches @ ½ speed
#2	to 60'	40 pitches @ ½ speed
#3	to 60'	50 pitches @ ½ speed
#4	to 60'	10 pitches @ ½ speed, 15 pitches @ ¾ speed, 10 pitches @ ½ speed

<b>Mound Day</b>	<b>Warm-up Throwing Distance</b>	<b>Pitching Session</b>
#5	to 60'	10 pitches @ ½ speed, 30 pitches @ ¾ speed, 10 pitches @ ½ speed
#6	to 60'	10 pitches @ ½ speed, 30 pitches @ ¾ speed, 10 pitches @ ½ speed
#7	to 60'	10 pitches @ ¾ speed, 15 pitches @ full speed, 10 pitches @ ¾ speed
#8	to 60'	10 pitches @ ¾ speed, 30 pitches @ full speed, 10 pitches @ ¾ speed
#9	to 60'	10 pitches @ ¾ speed, 45 pitches @ full speed, 10 pitches @ ¾ speed



No breaking balls are allowed until all mound work is completed.