

Little League - 12 & Under

Return to Throwing Program

(Non-Operative)

***Warm-up** throwing begins with:

- ❖ 5-10 throws @ 30 ft. or distance achieved
- ❖ **Warm-up** 5-10 throws every 10 ft. continues until prescribed distance is reached for that day.

NOTE: **DO NOT** progress to the next distance if you experience pain graded greater than a 5 on a scale from 1-10. Remain at the same distance or decrease distance by 10 ft. until pain is minimal.

Throw 3 days per week, follow the following schedule:

Week 1

Session 1	Session 2	Session 3
* Warm-up throwing	* Warm-up throwing	* Warm-up throwing
*25 throws @ 30 feet	*25 throws @ 30 feet	*25 throws @ 45 feet
Rest 2-3 minutes	Rest 2-3 minutes	Rest 2-3 minutes
25 throws @ 30 feet	25 throws @ 30 feet	25 throws @ 45 feet
	Rest 2-3 minutes	
	25 throws @ 30 feet	

Week 2

Session 1	Session 2	Session 3
* Warm-up throwing	* Warm-up throwing	* Warm-up throwing
*25 throws @ 45 feet	*25 throws @ 60 feet	*25 throws @ 60 feet
Rest 2-3 minutes	Rest 2-3 minutes	Rest 2-3 minutes
25 throws @ 45 feet	25 throws @ 60 feet	25 throws @ 60 feet
Rest 2-3 minutes		Rest 2-3 minutes
25 throws @ 45 feet		25 throws @ 60 feet

Week 3

Session 1	Session 2	Session 3
* Warm-up throwing	* Warm-up throwing	* Warm-up throwing
*25 throws @ 75 feet	*25 throws @ 75 feet	*25 throws @ 90 feet
Rest 2-3 minutes	Rest 2-3 minutes	Rest 2-3 minutes
25 throws @ 75 feet	25 throws @ 75 feet	25 throws @ 90 feet
	Rest 2-3 minutes	
	25 throws @ 75 feet	

NOTE: Pitchers will begin throwing off the mound at the completion of 90 ft.

THROWING FROM THE MOUND:

1. Use the "Return to Throwing Program," for ***Warm-up @ 75 ft.**
2. **Pitching Coach** must be **present** to enforce proper throwing mechanics.
3. **Throw 2 days** per week from the mound; not consecutive days.

Week	Session	
Week 1	Session 1	30 throws @ 50%
	Session 2	30 throws @ 50%
Week 2	Session 3	45 throws @ 50%
	Session 4	60 throws @ 50%
Week 3	Session 5	30 throws @ 75%
	Session 6	30 throws @ 75%
		45 throws @ 50%
Week 4	Session 7	45 throws @ 75%
		15 throws @ 50%
	Session 8	45 throws @75%
		15 throws @ 50%
Week 5	Session 9	45 throws @75%
		15 throws/batting practice
	Session 10	45 throws @75%
		30 throws/batting practice
Week 6	Session 11	45 throws @75%
		45 throws/batting practice
	Session 12	30 throws-fastballs @75%
		15 throws – breaking balls @ 50%
		45-60 throws – fastballs/batting practice
Week 7	Session 13	30 throws @ 75%
		30 throws – breaking balls @ 75%
		30 throws/batting practice
	Session 14	30 throws off mound @ 75%
		60-90 throws – breaking balls/batting practice @ 25%
Week 8	Session 15	Live batting practice - 2 sets of 15 pitches = 30 pitches
	Session 16	Live batting practice - 2 sets of 15 pitches = 30 pitches

Week 9-12: Live Batting Practice

Progress to an additional 5 Pitches per week

Please note that rehabilitation protocols are to be used as general guidelines in the overall treatment and plan of care for the patients of Central Texas Sports Medicine & Orthopaedics. Supervised treatment and care under physicians, physical therapists, and athletic trainers are essential in a patient progressing through each phase of the rehabilitation process. Our doctors, therapists, and trainers will determine the appropriate progression of the specific protocol for each patient.