REHABILITATION PROTOCOL-

10

15 to 20

20

10

60

60

120 to 150

40 (cool-down)

Step 3 Continue to increase throwing distance while still rossing the ball with an easy wind-up.	Pitch	ers' Throwing	g Program Jo	BE AND	SCHWAB	
Number of Throws	Step 3			 Try to use proper body mechanics, especially 		
10		Number of Throws Distance (feet)		when throwing off the mound:		
10						
Step 4 * Increase throwing distance to maximum of 60 feet. * Concinue tossing the ball with an occasional throw at no more than half speed. * 10			4			
Step 4 Increase throwing distance to maximum of 60 feet. Phase 6-1 Number of Throws Distance (feet) 10 10 10 10 10 10 10 1						
Feet. Conditional tossing the ball with an occasional throw at no more than half speed. 10						
Feet. Conditional tossing the ball with an occasional throw at no more than half speed. 10	Step 4	Increase throwing distance to maximum of 60			Phase 6-1	
• Condinue tossing the ball with an occasional throw at no more than half speed. Number of Throws Distance (feet) 10					Number of Throws	Distance (feet)
Cardually increase distance to a maximum of 150 (warm-up)		· Continue tossing the	ball with an occasional		. 10	
Number of Throws Distance (feet) 30 45 (off the mound) 10 40 to 45 10 40 to 50 45 (off the mound)						
10			•			
10		Number of Throws	Distance (feet)			
10		10	30 (warm-up)		and the second of the second o	and the same of th
Step 5 * Gradually increase distance to a maximum of 150 feet. 10 50 (warm-up) 10 120 to 150 (lobbing) 20 45 (off the mound) 40 (cool-down) 10 50 to 60 10 50 to 60 10 50 to 60 10 45 (off the mound) 10 40 (cool-down) 10 40 (cool-down) 10 120 to 150 (lobbing) 10 40 (cool-down) 10 120 to 150 (lobbing) 10 40 (cool-down)		10	40 to 45		10	-10 (CD01-CDW11)
Step' 5 * Gradually increase distance to a maximum of 150 feer. 10 50 (warm-up) 150 feer. 20 45 (off the mound) 40 (cool-down) 10 10 10 (cool-down) 10 (, 30 to 40	60 to 70		Phase 6-2	
10		10	30 (cool-down)			Distance (feet)
150 feet. 10 120 to 150 (lobbing) 20 45 (off the mound) 40 (cool-down) 10 10 10 (cool-down) 10 (co	Stan's	· Conductive in annual dis	tanaa ta a manimum a f		10	50 (warm-up)
20	2165 2		stance to a maximum or		10	
Phase 5-1		130 1881.			20	9
Number of Throws Distance (feet) 10 40 (cool-down) 10		Phase 5 1				
10			Diotage (feet)			
10						
15 to 20					Phase 6-3	
10 50 to 60 10 40 (cool-down) Phase 5-2 Number of Throws 10 40 (warm-up) 10 50 to 60 10 40 (cool-down) 10 40 (warm-up) 10 50 to 60 20 to 30 80 to 90 10 40 (cool-down) Phase 5-3 Number of Throws Distance (feet) 10 40 (cool-down) Phase 5-5 Number of Throws Distance (feet) 10 40 (cool-down) 10 50 to 60 10 40 (cool-down) 10 50 (warm-up) 10 50 (warm-up) 10 60 120 to 150 (lobbing) 10 45 (off the mound) 10 45 (off the mound) 10 45 (off the mound) 10 40 (cool-down) If phase 6-4 is completed without pain or discomfort and the pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest					Number of Throws	Distance (feet)
10 40 (cool-down) 10 40 (cool-down) 10 120 to 150 (lobbing) 10 45 (off the mound) 10 40 (warm-up) 10 50 to 60 20 to 30 80 to 90 20 50 to 60 10 40 (cool-down) Phase 6-4 Number of Throws Distance (feet) 10 40 (cool-down) Phase 5-5 Number of Throws Distance (feet) 10 40 (cool-down) 10 50 (warm-up) 10 10 120 to 150 (lobbing) 10 45 (off the mound) 10 40 (cool-down) 10 40 (cool-down) 10 40 (cool-down) 10 50 (warm-up) 10 45 (off the mound) 10 40 (cool-down) 10 40 (cool-down) 10 50 (warm-up) 10 50 (warm-up) 10 120 to 150 (lobbing) 10 45 (off the mound) 10 50 (warm-up) 10 50 (warm-up) 10 50 (warm-up) 10 50 (warm-up) 10 120 to 150 (lobbing) 10 120 to 150 (lobbing) 10 45 (off the mound) 10 50 (warm-up) 10 45 (off the mound) 10 50 (warm-up) 10 45 (off the mound) 10 45 (off the mound) 10 50 (warm-up) 10 50 (warm-up) 10 45 (off the mound) 10 45 (off the mound) 10 50 (warm-up) 10 50 (warm-up) 10 45 (off the mound) 10 50 (warm-up) 10 45 (off the mound) 10 50 (warm-up) 10 50 (w					10	
10						
Phase 5-2		10	40 (cool-down)			
Number of Throws Distance (feet) 30 60 (off the mound) 10 40 (warm-up) 10 50 to 60 Phase 6-4 20 to 30 80 to 90 Number of Throws Distance (feet) 10 50 (warm-up) 10 120 to 150 (lobbing) 10 120 to 150 (lobbing) 10 45 (off the mound) 10 40 (cool-down) 10 40 (c						
10		Phase 5-2				
10		Number of Throws	Distance (feet)			
10 50 to 60 20 to 30 80 to 90 20 50 to 60 10 40 (cool-down) Phase 5-3 Number of Throws Distance (feet) 10 40 (warm-up) 10 40 (cool-down) 10 50 (warm-up) 10 45 (off the mound) 10 40 (cool-down) 10 40 (cool-down) 11 phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately 34 speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest		10	40 (warm-up)		10	40 (COOI-down)
20 to 30 80 to 90 20 50 to 60 10 40 (cool-down) Phase 5-3 Number of Throws Distance (feet) 10 40 (warm-up) 10 45 (off the mound) 40 to 50 60 (off the mound) 10 40 (cool-down) 10 40 (cool-down) 10 40 (cool-down) 10 60 15 to 20 100 to 110 20 60 10 40 (cool-down) Phase 5-4 Number of Throws Distance (feet) 10 40 (cool-down) If phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately 44 speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest		10			D/ C 4	
20 50 to 60 10 40 (cool-down) 10 50 (warm-up) 10 120 to 150 (lobbing) 10 45 (off the mound) 40 to 50 60 (off the mound) 10 40 (warm-up) 10 40 (cool-down) 10 40 (cool-down) 10 40 (cool-down) 10 50 (warm-up) 10 40 to 50 60 (off the mound) 10 40 (cool-down) 10 50 (warm-up) 10 40 to 50 60 (off the mound) 10 40 (cool-down) 10 50 (warm-up) 10 40 to 50 60 (off the mound) 10 40 (cool-down) 10 50 (warm-up) 10 40 to 50 60 (off the mound) 10 40 (cool-down) 10 50 (warm-up) 10 40 to 50 60 (off the mound) 10 40 (cool-down) 10 50 (warm-up) 10 40 to 50 60 (off the mound) 10 40 (cool-down) 10 50 (warm-up) 10 45 (off the mound) 10 40 (cool-down) 10 40 (cool-down) 10 50 (warm-up) 10 45 (off the mound) 10 40 (cool-down) 10 40 (cool-down) 10 40 (cool-down) 10 40 (cool-down) 11 phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately 44 speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest		20 to 30				D: 1 (5 1)
10 40 (cool-down) Phase 5-3 Number of Throws 10 40 (warm-up) 10 45 (off the mound) 40 to 50 60 (off the mound) 10 40 (cool-down) 10 40 (cool-down) 10 40 (cool-down) 10 40 (cool-down) 11 phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately 34 speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest					Number of Inrows	Distance (feet)
Phase 5-3 Number of Throws Distance (feet) 10 40 (warm-up) 10 10 40 (warm-up) 10 10 10 10 10 10 10 10 10 1			The state of the s		10	
Number of Throws Distance (feet) 10 40 (warm-up) 10 60 15 to 20 100 to 110 20 60 10 40 (cool-down) Phase 5-4 Number of Throws Distance (feet) 40 to 50 60 (off the mound) 10 40 (cool-down) 10 40 (cool-down) If phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately 34 speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest			15 (2501 45 111)		10	120 to 150 (lobbing)
Number of Throws Distance (feet) 10 40 (warm-up) 10 60 15 to 20 100 to 110 20 60 10 40 (cool-down) Phase 5-4 Number of Throws Distance (feet) 40 to 50 60 (off the mound) 10 40 (cool-down) If phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately 3/4 speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest		Phase 5-3			10	45 (off the mound)
10 40 (cool-down) 10 40 (warm-up) 10 60 15 to 20 100 to 110 20 60 10 40 (cool-down) 16 phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately 34 speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest			Distance (feet)		40 to 50	60 (off the mound)
If phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately ¼ speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest					10	40 (cool-down)
15 to 20 100 to 110 20 60 10 40 (cool-down) Phase 5-4 Number of Throws Distance (fast) If phase 6-4 is completed without pain or discomfort and the pitcher is throwing at approximately 44 speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest			-			
20 60 proximately ¾ speed, pitcher can proceed to Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest						
10 40 (cool-down) Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest			The state of the s			
Phase 5-4 Number of Throws Distance (feet) Step 7—"Up/Down Bullpens"—which simulates a game situation. The pitcher rests between series of pitches to reproduce the rest						
Number of Throws Distance (feet) tween series of pitches to reproduce the rest		10	40 (COOL-100X)		Step 7—"Up/Down Bu	llpens"—which simu-
Number of Throws Distance (fact)		Phase 5 d				
DECEMBER OF FRIDAN TRISTANCE MARKET			Dictages (fact)			
period between innings.			Distance (feet)		period between innings	3.
10 40 (warm-up)			40 (warm-up)			

REHABILITATION PROTOCOL

Pitchers' Throwing Program JOBE AND SCHWAB

Step 1	 Toss the ball (no wind-up) against a wall on alternate days. Start with 25 to 30 throws, build up to 70 throws and gradually increase throwing distance. 		Step 2 • Toss the ball (playing catch with easy vup) on alternate days.		
				Number of Throws 10 10	Distance (feet) 20 (warm-up) 30 to 40
	Number of Throws	Distance (feet)		30 to 40	50
	20	20 (warm-up)		10	20 to 30 (cool-
	25 to 40	30 to 40			down)
	10	20 (cool-down)			Continued

Step 7 Up/Down Bullpens (½ to ¾ speed)

Day 1	
Number of Throws	Distance (feet)
10 warm-up throws 10 warm-up throws 40 pitches Rest 10 minutes	120 to 150 (lobbing 60 (off the mound) 60 (off the mound)
20 pitches	60 (off the mound)
Day 2—Off	

24, 2 011

Day 4-Off

Day 3	
Number of Throws	Distance (feet)
10 warm-up throws 10 warm-up throws 30 pitches	120 to 150 (lobbing) 60 (off the mound) 60 (off the mound)
Rest 10 minutes	the mound)
10 warm-up throws 20 pitches	60 (off the mound) 60 (off the mound)
Rest 10 minutes	oo (on the mound)
10 warm-up throws 20 pitches	60 (off the mound) 60 (off the mound)

Day 5 **Number of Throws** Distance (feet) 10 warm-up throws 120 to 150 (lobbing) 10 warm-up throws 60 (off the mound) 30 pitches 60 (off the mound) Rest 8 minutes 20 pitches 60 (off the mound) Rest 8 minutes 20 pitches 60 (off the mound) Rest 8 minutes 20 pitches 60 (off the mound)

The pitcher is now ready to begin a normal routine, from throwing batting practice to pitching in the bullpen. The trainer or physical therapist can and should adjust this program as needed. Each step may take more or less time than listed, and the the trainer, physical therapist, and physician should monitor the program. The pitcher should work hard, but should not overdo it.