



**STEPHAN J. SWEET, M.D., M.P.H.**  
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Sports Medicine, Arthroscopy, & General Orthopedic Surgery

## **PHYSICAL THERAPY PRESCRIPTION**

- Week 4-6

Brace: Functional brace set 15-120°  
Exercises: Begin light weight resistance exercises for arm (1lb.)  
Wrist curls, extensions, pronation, supination  
Elbow flexion/extension  
Progress shoulder program, emphasize rotator cuff strengthening  
Emphasis on external rotation, side lying

- Week 6-8

Brace: Functional brace set 0-130°; AROM 0-145° without brace  
Discontinue brace at the end of week 6  
Exercises: Progress wrist and elbow strengthening exercises  
Progress shoulder program

- Week 8

Exercises: Continue Stretching Program for Elbow and ROM  
Gradual progress of strengthening program

### **ADVANCED STRENGTHENING PHASE (weeks 9-13)**

Goals: Increase strength, power and endurance  
Maintain full elbow ROM  
Gradually initiate sporting activities  
Exercises: Initiate eccentric elbow flexion/extension  
Triceps strengthening  
Continue isotonic program; forearm and wrist  
Continue shoulder program

### **RETURN TO ACTIVITY PHASE (weeks 16+)**

Goals: Continue to increase strength, power and endurance of upper extremity musculature. Gradual return to sport activities

- Week 16:

Initiate Interval Throwing Program (Phase 1)

- Week 28:

Progress to Interval Throwing Program (Phase 2)  
Upon painless completion of Phase 2, progress to competitive throwing program (approx 9 months).

Treatment: \_\_\_\_\_ times per week    Duration: \_\_\_\_\_ weeks

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **PHYSICAL THERAPY PRESCRIPTION**

\*\* Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

\*\* Each stage should be one week. If pain occurs during any stage, back up to previous stage.

### **Phase I: Long Toss Program**

#### **45-Ft Stage**

- a. Warm up throwing
- b. 45 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 45 ft. (25 throws)

#### **60-Ft Stage**

- a. Warm up throwing
- b. 60 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 60 ft. (25 throws)

#### **90-Ft Stage**

- a. Warm up throwing
- b. 90 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 90 ft. (25 throws)

#### **120-Ft Stage**

- a. Warm up throwing
- b. 120 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 120 ft. (25 throws)

#### **150-Ft Stage**

- a. Warm up throwing
- b. 150 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 150 ft. (25 throws)

#### **180-Ft Stage**

- a. Warm up throwing
- b. 180 ft. (25 throws)
- c. Rest 15 min.
- d. Warm-up throwing
- e. 180 ft. (25 throws)

Then being throwing from mound or respective position.

## **PHYSICAL THERAPY PRESCRIPTION**

### **INTERVAL THROWING PROGRAM PHASE 2**

- Throwing is performed every other day. Pre-throwing and post-throwing exercises must be performed.

#### **Phase II: Starting Off the Mound**

##### **Stage I: Fastball Only**

- Step 1:       a. Interval throwing  
              b: 15 throws from mound 50%
- Step 2:       a. Interval throwing  
              b: 30 throws from mound 50%
- Step 3:       a. Interval throwing  
              b: 45 throws from mound 50%

##### **Stage II: Fastball Only**

- Step 4:       a. Interval throwing  
              b. 60 throws from mound 50%
- Step 5: a. Interval throwing  
              b. 30 throws from mound 75%
- Step 6: a. 30 throws from mound 75%  
              b. 45 throws from mound 50%

##### **Stage III: Fastball Only**

- Step 7:       a. 45 throws from mound 75%  
              b. 15 throws from mound 50%
- Step 8:       a. 60 throws from mound 75%

##### **Stage IV: Fastball Only**

- Step 9:       a. 45 throws from mound 75%  
              b. 15 throws in batting practice
- Step 10:      a. 45 throws from mound 75%  
              b. 30 throws in batting practice
- Step 11:      a. 45 throws from mound 75%  
              b. 45 throws in batting practice

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## **PHYSICAL THERAPY PRESCRIPTION**

**Stage V:**

Step 12:

- a. 30 throws from mound 75% warm-up
- b. 15 throws from mound 50% breaking balls
- c. 45-60 throws in batting practice throws from mound 50% (fastball only)

Step 13:

- a. 30 throws from mound 75%
- b. 30 breaking balls 75%
- c. 30 throws in batting practice

Step 14:

- a. 30 throws from mound 75%
- b. 60-90 throws in batting practice 25% breaking balls

Step 15:

Simulated game progressing by 15 throws per work-out. Use interval throwing to 120-ft. phase as warm-up. All throwing from the mound should be done in the presence of the pitching coach to stress proper throwing mechanics. A speed gun should be used to aid in effort control.