



Colorado Rockies
12 Step return to play throwing program
Pitchers

Note:

- This 12 step throwing program is intended to provide an outline for returning pitchers to play from both surgical and non-surgical injuries. Post-operatively it is necessary to strictly adhere to each step in the program based upon the surgical intervention. Pertaining to non-operative rehabilitation; the athlete may progress at an accelerated rate as deemed appropriate by the physician, athletic trainer and physical therapist.
- 5-10 minutes of stationary bike or running followed by upper and lower extremity stretching must proceed each throwing session.
- The athlete must successfully complete 2 throwing sessions without pain at one level prior to advancing to the next higher level.
- The throwing program must be performed when the athlete is “fresh”. Thus strength and conditioning activity must follow throwing activity.

Level 1: 3 x per week; every other day
 3 sets x 15 throws @ 60 feet

Level 2: 40 throws 3 x per week; every other day
 10 @ 50 feet
 20 @ 60 feet
 10 @ 50 feet

Level 3: 50 throws 3 x per week; every other day
 10 @ 50 feet
 10 @ 60 feet
 10 @ 75 feet
 10 @ 60 feet
 10 @ 50 feet

Level 4: 3 x per week; every other day

Day 1 (50 throws)	Day 2 (60 throws)	Day 3 (60 throws)
10 @ 60 feet	10 @ 60 feet	10 @ 60 feet
10 @ 75 feet	10 @ 75 feet	10 @ 75 feet
10 @ 90 feet	20 @ 90 feet	20 @ 90 feet
10 @ 75 feet	10 @ 75 feet	10 @ 75 feet
10 @ 60 feet	10 @ 60 feet	10 @ 60 feet

Level 5: 3 x per week; every other day

Day 1 (60 throws)	Day 2 (65 throws)	Day 3 (70 throws)
10 @ 60 feet	10 @ 60 feet	10 @ 60 feet
10 @ 90 feet	10 @ 90 feet	10 @ 90 feet
10 @ 110 feet	10 @ 110 feet	10 @ 110 feet
10 @ 90 feet	10 @ 90 feet	10 @ 90 feet
20 throws off the mound	25 throws off the mound	30 throws off the mound
*catcher up	*catcher up	*catcher up

Level 6: 70 throws 3 x per week; every other day

*Catcher standing days 1 and 2. Catcher down last 10 throws on day 3.

Days 1,2, and 3

10@ 60 feet

10 @ 90 feet

10 @ 120 feet

10 @ 90 feet

30 throws of the mound

Level 7: 60 throws 3 x per week; every other day

10 @ 60 feet

10 @ 90 feet

10 @ 120 feet

10 @ 90 feet

20 throws off the mound with the catcher down.

Level 8: 60 throws 3 x per week; every other day

10 @ 60 feet

10 @ 90 feet

10 @ 120 feet

10 @ 90 feet

30 throws off the mound with the catcher down.

Level 9: 3 x per week; every other day

50 pitches - Fastballs only

- Work on location

- 50-60% throwing velocity

Level 10: 3 x per week; every other day

70 pitches - Fastballs only

- 75 % throwing velocity

- If asymptomatic by session 3, initiate breaking balls

Level 11: 3 x per week; every other day

70 pitches - 80-90% throwing velocity

- continue to initiate breaking balls

Level 12: 3 x per week; every other day

Game simulation pitching

This program was created by the Colorado Rockies and Steadman Hawkins medical staff.