

## **THROWING REHAB PROGRAM**

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- A gradual graded progressive throwing program to progress to return to throwing sports after an upper limb injury.
  - WARM UP – arm stretches & your specific loading exercises.
  - If time allows: throw day on / day off - not 2 days in a row.
  - Complete a level without pain / tearing / pulling / tightness / worsening, & with no swelling or soreness on the following day, before progressing to the next level. If you have pain etc during a stage, or pull up sore the next day: stop, ice, take a full 24 hours off & re-attempt the same stage again.
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### **LEVEL 1 | 10 throws | 50M**

- 10 X 5M gentle
- Day off
- REPEAT

### **LEVEL 2 | 20 throws | 100M**

- 2 sets of 10 X 5M gentle
- Day off
- REPEAT

### **LEVEL 3 | 30 throws | 200M**

- 2 sets of 10 X 5M gentle
- 10 X 10M
- Day off
- REPEAT

### **LEVEL 4 | 30 throws | 400M**

- 2 sets of 10 X 10M
- 10 X 20M
- Day off
- REPEAT

### **LEVEL 5 | 50 throws | 500M**

- 3 sets of 10 X 10M
- 2 sets of 10 X 20M
- Day off
- REPEAT

### **LEVEL 6 | 50 throws | 800M**

- 2 sets of 10 X 10M
- 3 sets of 10 X 20M
- Day off
- REPEAT

### **LEVEL 7 | 70 throws | 1200M**

- 3 sets of 10 X 10M
- 3 sets of 10 X 20M
- 10 X 30M
- Day off
- REPEAT

### **LEVEL 8 | 70 throws | 1300M**

- 10 X 10M
- 3 sets of 10 X 20M
- 2 sets of 10 X 30M

### **LEVEL 9 | 80 throws | 1600M**

- 2 sets of 10 X 10M
- 4 sets of 10 X 20M
- 2 sets of 10 X 30M

### **LEVEL 10 | 70 throws | 1800M**

- 10 X 10M
- 2 sets of 10 X 20M
- 3 sets of 10 X 30M
- 10 X 40M

### **LEVEL 11 | 65 throws | 1950M**

- 10 X 10M
- 10 X 20M
- 2 sets of 10 X 30M
- 2 sets of 10 X 40M
- 5 X 50M

### **LEVEL 12 | 60 throws | 1900M**

- 10 X 10M
- 10 X 20M
- 10 X 30M
- 2 sets of 10 X 40M
- 10 X 50M

### **LEVEL 13 | 70 throws | 2400M**

- 10 X 10M
- 10 X 20M
- 10 X 30M
- 2 sets of 10 X 40M
- 2 sets of 10 X 50M

### **LEVEL 14**

- RETURN TO FULL TRAINING  
– COMPLETE 3 FULL TRAINING  
SESSIONS BEFORE PLAYING