



Part of our

# STAY IN THE GAME

Series



## 4-Step

# RETURN-TO-THROWING

## Workshop for Coaches

*\*To help coaches and parents safely guide youth athletes back to sport after injury without needing specialized rehab knowledge.*

- By recognizing the signs of injury - *and emphasizing proper warm up, strength conditioning, cool-down and taking regular breaks* - we can help ensure a player's safe return to play while minimizing the risk of further injury.
- Learning to monitor players' techniques & workload closely will further help prevent common injuries associated with throwing activities.



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make Appointment  
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# 4-Step Return-to-Throwing Program

The Treatment You Need, The Care You Deserve

<p><b>✓ Before You Begin:</b></p> <p>Athlete must be:</p> <ul style="list-style-type: none"> <li>✓ Cleared by a healthcare provider</li> <li>✓ Pain-free with basic arm movements</li> <li>✓ Able to complete a warm-up &amp; Thrower’s 10 without discomfort</li> </ul>	<p><b><u>Coach Tips:</u></b></p> <ul style="list-style-type: none"> <li>• <b>STOP</b> throwing if pain occurs during or after a session</li> <li>• Allow <b>at least 1 day off</b> between throwing sessions</li> <li>• Continue <b>Thrower’s 10 Program</b> 3x/week throughout</li> <li>• Use <b>ice and recovery</b> tools post-throw if needed</li> <li>• Communicate with parents and rehabilitation team</li> </ul>
<p style="text-align: center;"><b>STEP 1: Short Toss – Easy Effort</b></p> <p><b>Goal:</b> Rebuild throwing mechanics at short distance, no pain</p> <ul style="list-style-type: none"> <li>• <b>Distance:</b> 30–45 feet <b>Effort:</b> 50–60% (easy toss)</li> <li>• <b>Volume:</b> 1–2 sets of 20–25 throws</li> <li>• <b>Frequency:</b> Every other day</li> <li>• <b>Progress when:</b> No pain during or after, 2–3 sessions completed</li> </ul>	<p style="text-align: center;"><b>STEP 2: Medium Toss – Build-Up</b></p> <p><b>Goal:</b> Increase throwing distance and volume</p> <ul style="list-style-type: none"> <li>• <b>Distance:</b> 60–90 feet <b>Effort:</b> 60–75% (controlled, on-line throws)</li> <li>• <b>Volume:</b> Up to 3 sets of 25 throws</li> <li>• <b>Include:</b> Basic position drills (e.g., crow hop, shuffle throws)</li> <li>• <b>Progress when:</b> Mechanics are solid, no pain, 2– 3 sessions completed</li> </ul>
<p><b>STEP 3: Sport-Specific Throws: Game Preparation</b></p> <p><b>Goal:</b> Simulate position-specific throwing without game stress</p> <ul style="list-style-type: none"> <li>• <b>Distance:</b> As needed for position (up to 120 feet)</li> <li>• <b>Effort:</b> 75–85% effort</li> <li>• <b>Include:</b> Infield throws, outfield relays, pitching from flat ground or mound (no breaking balls yet)</li> <li>• <b>Volume:</b> Total ~75 throws/session</li> <li>• <b>Progress when:</b> Consistent accuracy, mechanics intact, 3–5 sessions completed</li> </ul>	<p><b>STEP 4: Return to Practice &amp; Game Play</b></p> <p><b>Goal:</b> Full integration with modified game load</p> <ul style="list-style-type: none"> <li>• <b>Activities:</b> Full team practice, bullpens, scrimmages</li> <li>• <b>Effort:</b> 100%, including breaking balls for pitchers</li> <li>• <b>Monitor:</b> Pitch count, arm soreness, post-session fatigue</li> <li>• <b>First games:</b> Limit pitch/throw count and gradually build over 2+ weeks</li> </ul>

## The Thrower's 10 Program + 2 Stretches: Foundation for Healthy Arms

A proven series of exercises to strengthen the shoulder, scapular stabilizers, and core.

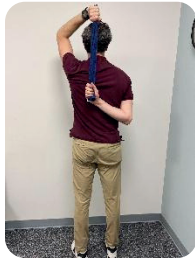
### Key Benefits for Youth Athletes:

- ✓ Prevents overuse injuries and improves throwing mechanics
- ✓ Supports safe return-to-play and builds durability for multi-sport athletes

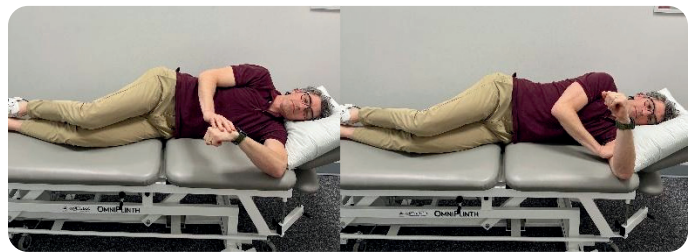
### What you need:

- ✓ One piece of TheraBand and a light dumbbell or can of soup

**Recommendation:** Perform 3x/week, 2-3 sets 10 reps of each exercise



Hand behind Back with Towel



Sleeper Stretch



Forearm Pronation and Supination



Prone or Bent Over YTW



Standing Abduction Raises



ER with sustained abduction



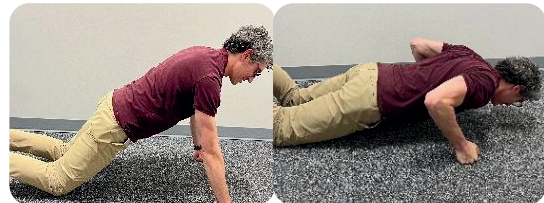
IR with sustained abduction



Standing Sword Raises



Standing Uppercuts



Push Ups from Knees or Toes