

Interval Hitting Program Post-Operative

- Start with an every other day program
- UCL reconstructions start at 5 months post-op
- No game competition until cleared by physician

Dry Swings with a bat

Week 1

Start at 50% and progress to 75% effort

Day 1 – 1 set of 25 swings

Day 2 – 2 sets of 25 swings

Day 3 – 2 sets of 25 swings

Week 2

Start at 50% and progress to 100% effort

Day 1 – 2 sets of 25 swings

Day 2 – 3 sets of 25 swings

Day 3 – 3 sets of 25 swings

Tee Work

Week 3

Warm-up with dry swings and progress from 50% to 100% effort (15 - 25 swings)

Day 1 – 1 set of 25 swings tee work at 50% effort

Day 2 – 2 sets of 25 swings tee work at 50% effort

Day 3 – 2 sets of 25 swings tee work at 50% effort

Week 4

Warm-up with dry swings and progress from 50% to 100% effort (15 - 25 swings)

Day 1 – 2 sets of 25 swings tee work at 50% - 75% effort

Day 2 – 3 sets of 25 swings tee work at 75% - 100% effort



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Day 3 – 3 sets of 25 swings tee work at 75% - 100% effort

Soft Toss

Week 5

Warm-up with dry swings (25) and then tee work (25) working up from 50% - 100% effort

Day 1 – 1 set of 25 swings at 50% effort

Day 2 – 2 sets of 25 swings at 50% effort

Day 3 – 2 sets of 25 swings at 50% effort

Week 6

Warm-up with dry swings (25) and then tee work (25) working up from 50% - 100% effort

Day 1 – 2 sets of 25 swings at 75% effort

Day 2 – 3 sets of 25 swings at 75% – 100% effort

Day 3 – 3 sets of 25 swings at 75% – 100% effort

Week 7

Warm-up with dry swings (25) and then tee work (25) working up from 50% - 100% effort

Day 1 – 3 sets of 25 swings at 100% effort

Day 2 – 3 sets of 25 swings at 100% effort

Day 3 – 3 sets of 25 swings at 100% effort

Coach's Batting Practice Week 8-10

Simulated Game Facing Pitchers Batting Practice Week 11-12

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