

*36 Weeks Post-op*

**Week 17 Throwing (165 ft phase) (Outfielders – extended interval long toss program) (Incorporate groundballs and flyballs at coaches' discretion)**

Day 1	25 warm-up throws out to 120 ft 10 throws at 135 ft 10 throws at 150 ft 10 throws at 165 ft Throws back down to 60 ft
Day 2	Light catch no farther than 90 ft
Day 3	25 warm-up throws out to 120 ft 10 throws at 135 ft 10 throws at 150 ft 10 throws at 165 ft Throws back down to 60 ft
Day 4	Light catch no farther than 90 ft
Day 5	25 warm-up throws out to 120 ft 10 throws at 135 ft 10 throws at 150 ft 10 throws at 165 ft Throws back down to 60 ft
Day 6	Light catch no farther than 90 ft
Day 7	<b>No Throwing</b>

*37 Weeks Post-op*

**Week 18 Throwing (165 ft phase) (Outfielders – extended interval long toss program)**

Day 1	25 warm-up throws out to 120 ft 10 throws at 135 ft 10 throws at 150 ft 10 throws at 165 ft Throws back down to 60 ft
Day 2	Light catch no farther than 90 ft
Day 3	25 warm-up throws out to 120 ft 10 throws at 135 ft 10 throws at 150 ft 10 throws at 165 ft Throws back down to 60 ft
Day 4	Light catch no farther than 90 ft

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Day 5            25 warm-up throws out to 120 ft  
                     10 throws at 135 ft  
                     10 throws at 150 ft  
                     10 throws at 165 ft  
                     Throws back down to 60 ft

Day 6            Light catch no farther than 90 ft

Day 7            **No Throwing**

### *38 Weeks Post-op*

### **Week 19 Throwing (180 ft phase) (Outfielders – extended interval long toss program)**

Day 1            25 warm-up throws out to 120 ft  
                     10 throws at 135 ft  
                     5 throws at 150 ft  
                     5 throws at 165 ft  
                     10 throws at 180 ft  
                     Throws back down to 60 ft

Day 2            Light catch no farther than 90 ft

Day 3            25 warm-up throws out to 120 ft  
                     10 throws at 135 ft  
                     5 throws at 150 ft  
                     5 throws at 165 ft  
                     10 throws at 180 ft  
                     Throws back down to 60 ft

Day 4            Light catch no farther than 90 ft

Day 5            25 warm-up throws out to 120 ft  
                     10 throws at 135 ft  
                     5 throws at 150 ft  
                     5 throws at 165 ft  
                     10 throws at 180 ft  
                     Throws back down to 60 ft

Day 6            Light catch no farther than 90 ft

Day 7            **No Throwing**

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*39 Weeks Post-op*

**Week 20 Throwing (180 ft phase) (Outfielders – extended interval long toss program)**

Day 1	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 15 throws at 180 ft Throws back down to 60 ft
Day 2	Light catch no farther than 90 ft
Day 3	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 15 throws at 180 ft Throws back down to 60 ft
Day 4	Light catch no farther than 90 ft
Day 5	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 15 throws at 180 ft Throws back down to 60 ft
Day 6	Light catch no farther than 90 ft
Day 7	<b>No Throwing</b>

*40 Weeks Post-op*

**Week 21 Throwing (195 ft phase) (Outfielders – extended interval long toss program)**

Day 1	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 5 throws at 180 ft 10 throws at 195 ft Throws back down to 60 ft
Day 2	Light catch no farther than 90 ft

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Day 3	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 5 throws at 180 ft 10 throws at 195 ft Throws back down to 60 ft
Day 4	Light catch no farther than 90 ft
Day 5	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 5 throws at 180 ft 10 throws at 195 ft Throws back down to 60 ft
Day 6	Light catch no farther than 90 ft
Day 7	<b>No Throwing</b>

*41 Weeks Post-op*

**Week 22 Throwing (195 ft phase) (Outfielders – extended interval long toss program)**

Day 1	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 5 throws at 180 ft 10 throws at 195 ft Throws back down to 60 ft
Day 2	Light catch no farther than 90 ft
Day 3	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 5 throws at 180 ft 10 throws at 195 ft Throws back down to 60 ft
Day 4	Light catch no farther than 90 ft
Day 5	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 5 throws at 165 ft 5 throws at 180 ft 10 throws at 195 ft Throws back down to 60 ft

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Day 6 Light catch no farther than 90 ft

Day 7 **No Throwing**

#### *42 Weeks Post-op*

#### **Week 23 Throwing (210 ft phase) (Outfielders – extended interval long toss program)**

Day 1 25 warm-up throws out to 120 ft  
10 throws at 135 ft  
5 throws at 150 ft  
10 throws at 180 ft  
5 throws at 210 ft  
Throws back down to 60 ft

Day 2 Light catch no farther than 90 ft

Day 3 25 warm-up throws out to 120 ft  
10 throws at 135 ft  
5 throws at 150 ft  
10 throws at 180 ft  
5 throws at 210 ft  
Throws back down to 60 ft

Day 4 Light catch no farther than 90 ft

Day 5 25 warm-up throws out to 120 ft  
10 throws at 135 ft  
5 throws at 150 ft  
10 throws at 180 ft  
5 throws at 210 ft  
Throws back down to 60 ft

Day 6 Light catch no farther than 90 ft

Day 7 **No Throwing**

#### *43 Weeks Post-op*

#### **Week 24 Throwing (225 ft phase) (Outfielders – extended interval long toss program)**

Day 1 25 warm-up throws out to 120 ft  
10 throws at 135 ft  
5 throws at 150 ft  
10 throws at 180 ft  
5 throws at 225 ft  
Throws back down to 60 ft

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Day 2	Light catch no farther than 90 ft
Day 3	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 10 throws at 180 ft 5 throws at 225 ft Throws back down to 60 ft
Day 4	Light catch no farther than 90 ft
Day 5	25 warm-up throws out to 120 ft 10 throws at 135 ft 5 throws at 150 ft 10 throws at 180 ft 5 throws at 225 ft Throws back down to 60 ft
Day 6	Light catch no farther than 90 ft
Day 7	<b>No Throwing</b>

**After completion of outfielder's extended interval throwing program, may play in rehab game in the outfield at 11 months post-op.**