

Catchers Warm-up

Warm up and work back to 25 throws at 120 ft. Throw while standing behind the plate and the other person in line past 2nd base. Have the other person move in and make 5 throws with your throwing partner behind 2nd base (on edge of grass, 5 throws on 2nd base and 5 throws in front of 2nd base (on grass). This is all from a regular standing throwing position and playing catch, not from a crouched position.

36 Weeks Post-op

Week 17 Throwing (Catchers – Interval throwing program to bases)

Day 1	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass)
Day	Light catch to 90 ft
Day 3	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass)
Day 4	Light catch to 90 ft
Day 5	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass)
Day 6	Light catch to 90 ft
Day 7	No Throwing

37 Weeks Post-op

Week 18 Throwing (Catchers – Interval throwing program to bases)

Day 1	In crouched position after warming up properly: 10 throws to 2 nd base with person in front of 2 nd base (on grass)
Day	Light catch to 90 ft
Day 3	In crouched position after warming up properly: 10 throws to 2 nd base with person in front of 2 nd base (on grass)
Day 4	Light catch to 90 ft
Day 5	In crouched position after warming up properly: 10 throws to 2 nd base with person in front of 2 nd base (on grass)
Day 6	Light catch to 90 ft
Day 7	No Throwing

38 Weeks Post-op

Week 19 Throwing (Catchers – Interval throwing program to bases)

Day 1	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 5 on the base.
Day	Light catch to 90 ft
Day 3	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 5 on the base
Day 4	Light catch to 90 ft
Day 5	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 5 on the base
Day 6	Light catch to 90 ft
Day 7	No Throwing

39 Weeks Post-op

Week 20 Throwing (Catchers – Interval throwing program to bases)

Day 1	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 10 on the base.
Day	Light catch to 90 ft
Day 3	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 10 on the base
Day 4	Light catch to 90 ft
Day 5	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 10 on the base
Day 6	Light catch to 75 ft
Day 7	No Throwing

40 Weeks Post-op

Week 21 Throwing (Catchers – Interval throwing program to bases)

Day 1	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 10 on the base.
Day	Light catch to 90 ft
Day 3	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 10 on the base
Day 4	Light catch to 90 ft
Day 5	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 10 on the base
Day 6	Light catch to 75 ft
Day 7	No Throwing

41 Weeks Post-op

Week 22 Throwing (Catchers – Interval throwing program to bases)

Day 1	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 15 on the base.
Day	Light catch to 90 ft
Day 3	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 15 on the base
Day 4	Light catch to 90 ft
Day 5	In crouched position after warming up properly: 5 throws to 2 nd base with person in front of 2 nd base (on grass), 15 on the base
Day 6	Light catch to 75 ft
Day 7	No Throwing

42 Weeks Post-op

Week 23 Throwing (Catchers – Interval throwing program to bases)

Day 1	In crouched position after warming up properly: Infield/Outfield throws to catcher with 2-3 throws to each base
Day 2	Light catch to 90 ft
Day 3	In crouched position after warming up properly: Infield/Outfield throws to catcher with 2-3 throws to each base
Day 4	Light catch to 90 ft
Day 5	In crouched position after warming up properly: Infield/Outfield throws to catcher with 2-3 throws to each base
Day 6	Light catch to 75 ft
Day 7	No Throwing

43 Weeks Post-op

Week 24 Throwing (Catchers – Interval throwing program to bases)

Day 1	In crouched position after warming up properly: Infield/Outfield throws to catcher with 2-3 throws to each base
Day 2	Light catch to 90 ft
Day 3	In crouched position after warming up properly: Infield/Outfield throws to catcher with 2-3 throws to each base
Day 4	Light catch to 90 ft
Day 5	In crouched position after warming up properly: Infield/Outfield throws to catcher with 2-3 throws to each base
Day 6	Light catch to 75 ft
Day 7	No Throwing

After completion of interval catcher's program, may play in rehab game as Catcher at 11 months post-op.