

Third Baseman/Short Stop/Second Baseman Throwing Framework

36 Weeks – 39 Weeks Post-op (Incorporate coaches' fungo and throws to bases during this month to incorporate as much of the field)

Weeks 17 – 20 Throwing (May be adjusted with AT & Coach input)

Day 1 10 throws 60 ft – 90 ft
 10 throws 105 ft- 120 ft
 10 throws at 135 ft
 10 throws at 150 ft
 5 throws 135 ft (backhands)
 5 throws 105 ft (glove side)
 5 throws 90 ft (right at you on the run)
 5 throws 60 ft (DP turn two)

Day 2 Light catch to 90 ft

Day 3 10 throws 60 ft – 90 ft
 10 throws 105 ft- 120 ft
 10 throws at 135 ft
 10 throws at 150 ft
 5 throws 135 ft (backhands)
 5 throws 105 ft (glove side)
 5 throws 90 ft (right at you on the run)
 5 throws 60 ft (DP turn two)

Day 4 Light catch to 90 ft

Day 5 10 throws 60 ft – 90 ft
 10 throws 105 ft- 120 ft
 10 throws at 135 ft
 10 throws at 150 ft
 5 throws 135 ft (backhands)
 5 throws 105 ft (glove side)
 5 throws 90 ft (right at you on the run)
 5 throws 60 ft (DP turn two)

Day 6 Light catch to 90 ft

Day 7 **No Throwing**

After completion, may initiate rehab games as 3rd Baseman or Short Stop at 10 months post-op.

Second Baseman

40 Weeks – 43 Weeks Post-op

Weeks 21 – 24 Throwing (Progress similar program as previous 4 weeks)

After completion, may initiate rehab games as Second Baseman at 11 months post-op.