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Banner New River Trails
Sun City West Medical Center
Thunderbird Medical Center

Rehabilitation Protocol Return to Throwing Program

Week 1

- Advance rotator cuff strengthening
- Soft toss 30 to 40 feet with no windup, 10 to 25 minutes per session, 3 days per week
- Ice post throwing

Week 2

- Increase tossing distance to 60 feet with no windup, 15 minutes per session, 3 days per week
- Ice post throwing

Week 3

- Isokinetic rotator cuff strengthening as tolerated
- Easy windup added to throwing, limit distance to 60 feet, 50% effort, 15 minutes per session
- Ice post throwing

Week 4

- Throw with 50% effort, 60 to 90 feet, 20-30 minutes, 3 days per week

Week 5

- Advance to 70 % effort throwing for 30 minutes, 3 days per week

Weeks 6-9

- Advance throwing effort to 80% at 9 weeks, 30 minute max
- Increase to 90-100% at 10 weeks
- Focus on throwing mechanics