





**Tommy John Rehabilitation Protocol**

**5 to 6 months:**

- Continue increasing the throwing distance to a maximum of 60 feet.
- Continue tossing the ball with an occasional throw at no more than half speed.

<u># of THROWS</u>	<u>DISTANCE(ft)</u>
10	30 (warm-up)
10	40 – 45
30 – 40	60 – 70
10	30 (cool down)

**6 to 7 months:**

- During this step gradually increase the distance to 150 feet maximum.

<u>PHASE I:</u>	<u># of THROWS</u>	<u>DISTANCE(ft)</u>
	10	40 (warm-up)
	10	50 – 60
	15 – 20	70 – 80
	10	50 – 60
	10	40 (cool down)

<u>PHASE II:</u>	<u># of THROWS</u>	<u>DISTANCE(ft)</u>
	10	40 (warm-up)
	10	50 – 60
	20 – 30	80 – 90
	20	50 – 60
	10	40 (cool down)

<u>PHASE III:</u>	<u># of THROWS</u>	<u>DISTANCE(ft)</u>
	10	40 (warm-up)
	10	60
	15 – 20	100 – 110
	20	60
	10	40 (cool down)

<u>PHASE IV:</u>	<u># of THROWS</u>	<u>DISTANCE(ft)</u>
	10	40 (warm-up)
	10	60
	15 – 20	120-150
	20	60
	10	40 (cool down)



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**7 to 8 months:**

- Progress to throwing off the mound at  $\frac{1}{2}$  to  $\frac{3}{4}$  speed. Try to use proper body mechanics, especially when throwing off the mound:
  - Stay on top of the ball.
  - Keep the elbow up.
  - Throw over the top.
  - Follow through with the arm and trunk.

<b><u>PHASE I:</u></b>	<b><u># of THROWS</u></b>	<b><u>DISTANCE(ft)</u></b>
	10	60 (warm up)
	10	120 – 150 (lobbing)
	30	45 (off the mound)
	10	60 (off the mound)
	10	40 (cool down)
<b><u>PHASE II:</u></b>	<b><u># of THROWS</u></b>	<b><u>DISTANCE(ft)</u></b>
	10	50 (warm-up)
	10	120 –150 (lobbing)
	20	45 ( off the mound)
	20	60 (off the mound)
	10	40 (cool down)
<b><u>PHASE III:</u></b>	<b><u># of THROWS</u></b>	<b><u>DISTANCE(ft)</u></b>
	10	50 (warm-up)
	10	60
	10	120 – 150 (lobbing)
	10	45 (off the mound)
	30	60 (off the mound)
	10	40 (cool down)
<b><u>PHASE IV:</u></b>	<b><u># of THROWS</u></b>	<b><u>DISTANCE(ft)</u></b>
	10	50 (warm-up)
	10	120 – 150 (lobbing)
	10	45 (off the mound)
	40 – 50	60 (off the mound)
	10	40 (cool down)

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**9 to 10 months:**

- At this time, if the pitcher has successfully completed the above phase without pain or discomfort and is throwing approximately ¾ speed, the pitching coach and trainer may allow the pitcher to proceed to the next step of "Up/Down Bullpens". Up/Down Bullpens is used to simulate a game situation. The pitcher rests in between a series of pitches to reproduce the rest period in between innings.

**Up/Down Bullpens: ( ½ - ¾ speed)**

<b><u>DAY 1:</u></b>	<b><u># of THROWS</u></b>	<b><u>DISTANCE(ft)</u></b>
	10 warm-up	120 – 150 (lobbing)
	10 warm-up	60 (off the mound)
	40 pitches	60 (off the mound)
	<b><i>REST 10 MINUTES</i></b>	
	20 pitches	60 (off the mound)
<b><u>DAY 2:</u></b>	<b><i>OFF</i></b>	
<b><u>DAY 3:</u></b>	<b><u># of THROWS</u></b>	<b><u>DISTANCE(ft)</u></b>
	10 warm-up	120 – 150 (lobbing)
	10 warm-up	60 (off the mound)
	30 pitches	60 (off the mound)
	<b><i>REST 10 MINUTES</i></b>	
	10 warm-up	60 (off the mound)
	20 pitches	60 (off the mound)
	<b><i>REST 10 MINUTES</i></b>	
	10 warm-up	60 (off the mound)
	20 pitches	60 (off the mound)
<b><u>DAY 4:</u></b>	<b><i>OFF</i></b>	
<b><u>DAY 5:</u></b>	<b><u># of THROWS</u></b>	<b><u>DISTANCE(ft)</u></b>
	10 warm-up	120 – 150 (lobbing)
	10 warm-up	60 (off the mound)
	30 pitches	60 (off the mound)
	<b><i>REST 8 MINUTES</i></b>	
	20 pitches	60 (off the mound)
	<b><i>REST 8 MINUTES</i></b>	
	20 pitches	60 (off the mound)
	<b><i>REST 8 MINUTES</i></b>	
	20 pitches	60 (off the mound)

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**10 to 12 months:**

- At this point, the pitcher is ready to begin a normal routine, from throwing, batting practice to pitching in the bullpen. This program should be adjusted as needed by your physician, athletic trainer or physical therapist.