



Post Operative: Interval Return to Hitting Program

12 week progressive program

3x/week: every other day

No game competition until cleared by physician

Typically begins 5 months post-operative

Do not overlap start of hitting and throwing program simultaneously

***If symptomatic: rest and do not advance to next week**

Dry swings typically alter hitting mechanics and do not provide accurate feedback

Week 1: Tee Work 50% effort

- Dynamic warm-up with bands and plyos

Day 1: 1 set of 20 swings 50% effort

Day 2: 2 sets of 20 swings 50% effort

Day 3: 2 sets of 25 swings 50% effort

Week 2: Tee Work 50-75% effort

- Dynamic warm-up with bands and plyos

Day 1: 2 sets of 20 swings 50% effort

Day 2: 2 sets of 25 swings 75% effort

Day 3: 2 sets of 25 swings 75% effort

Week 3: Tee Work 50-75% effort

- Dynamic warm-up with bands and plyos

Day 1: 2 sets of 25 swings 50% effort

Day 2: 2 sets of 25 swings 75% effort

Day 3: 3 sets of 25 swings 75% effort



Week 4: Tee Work 75-100% effort

- Dynamic warm-up with bands and plyos

Day 1: 2 sets of 25 swings 75% effort

Day 2: 2 sets of 25 swings 75% effort

Day 3: 2 sets of 25 swings 100% effort

Week 5: Soft Toss 50% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort

Day 1: 1 set of 20 swings 50% effort

Day 2: 2 sets of 20 swings 50% effort

Day 3: 2 sets of 25 swings 50% effort

Week 6: Soft Toss 50-75% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort

Day 1: 2 sets of 20 swings 50% effort

Day 2: 2 sets of 25 swings 75% effort

Day 3: 2 sets of 25 swings 75% effort

Week 7: Soft Toss 75-100% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort



Day 1: 2 sets of 25 swings 75% effort

Day 2: 2 sets of 25 swings 100% effort

Day 3: 2 sets of 25 swings 100% effort

Week 8: Overhand in Cage 75 -100% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort
- 20 soft toss at 100% effort

Day 1: 2 sets of 25 swings 75% effort

Day 2: 2 sets of 25 swings 75 % effort

Day 3: 2 sets of 25 swings 100% effort

Weeks 9: Overhand in Cage 75-100% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort
- 20 Soft Toss at 100% effort

Day 1: 2 sets of 30 swings 75% effort

Day 2: 2 sets of 30 swings 100 % effort

Day 3: 2 sets of 30 swings 100 % effort

Weeks 10: Coach's Batting Practice 100% effort

- Dynamic warm-up with bands and plyos
- Can warm up with 15-20 swings off tee at 50-75% effort
- 20 Soft Toss at 100% effort
- 2 Sets of 30 swings 3-4 days/week
- Controlled Coach's batting practice environment

Week 11-12: Simulate Live ABs Facing Pitchers in Batting Practice 100% effort

*****Discuss clearance with physician for return to play in game scenarios*****