



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

LONG TOSS

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Basic Guidelines:

1. Throwing is performed every other day
2. Pre-throwing and post-throwing exercises must be performed. This includes proper warm-up with soft toss and stretching
3. Throw at 75-80% of maximum effort noted for each step
4. Emphasize proper throwing mechanics
5. Ice for 20 minutes after throwing
6. If pain occurs during any step shut down for 3-5 days and use Ibuprofen or Aleve. Resume throwing by backing up to previous step.



45-ft. Stage

Day 1:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 15 minutes
- d. Warm-up throwing
- e. 25 throws

Day 3:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 10 minutes
- d. Warm-up throwing
- e. 25 throws
- f. Rest 10 minutes
- g. Warm-up throwing
- h. 25 throws

60-ft. Stage

Day 5:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 15 minutes
- d. Warm-up throwing
- e. 25 throws

Day 7:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 10 minutes
- d. Warm-up throwing
- e. 25 throws
- f. Rest 10 minutes
- g. Warm-up throwing
- h. 25 throws

90-ft. Stage

Day 9:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 15 minutes
- d. Warm-up throwing
- e. 25 throws

Day 11 :

- a. Warm-up throwing
- b. 25 throws
- c. Rest 10 minutes
- d. Warm-up throwing
- e. 25 throws
- f. Rest 10 minutes
- g. Warm-up throwing
- h. 25 throws

120-ft. Stage

Day 13:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 15 minutes
- d. Warm-up throwing
- e. 25 throws

Day 15:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 10 minutes
- d. Warm-up throwing
- e. 25 throws
- f. Rest 10 minutes
- g. Warm-up throwing
- h. 25 throws

150-ft. Stage

Day 17:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 15 minutes
- d. Warm-up throwing
- e. 25 throws

Day 19:

- a. Warm-up throwing
- b. 25 throws
- c. Rest 10 minutes
- d. Warm-up throwing
- e. 25 throws
- f. Rest 10 minutes
- g. Warm-up throwing
- h. 25 throws