



Robin M. Gehrman, MD

### The Hughston Sports Medicine Center's (F.A.S.T) Return to Football Throwing Program

\*\*\* Be sure to perform 10-15 minutes of low intensity (i.e. jogging) and flexibility exercise in order to prepare for activity

\*\*\* If athlete cannot complete session without pain and discomfort, then attempt same workout next session.

\*\*\* If athlete cannot complete session for the second attempt, then return to previous ITP and progress as before.

#### FOOTBALL INTERVAL THROWING PROGRAM (FITP)

Day 1	10yd	-----	3 x 25 throws
Day 2	20yd	-----	2 x 25 throws
Day 3	20yd	-----	3 x 25 throws
Day 4		OFF	
Day 5	30yd	-----	2 x 25 throws
Day 6	30yd	-----	3 x 25 throws
Day 7		OFF	
Day 8	40yd	-----	2 x 25 throws
Day 9	40yd	-----	3 x 25 throws
Day 10		OFF	
Day 11	45yd	-----	2 x 25 throws
Day 12	45yd	-----	3 x 25 throws
Day 13		OFF	
Day 14	50yd	-----	2 x 25 throws
Day 15	50yd	-----	3 x 25 throws



Robin M. Gehrman, MD

## **QUARTER BACK POSITION SPECIFIC PROGRAM**

Day 1	3 step drop/ short routes 3 step drop/ long routes	2 x 25 throws 1 x 25 throws
Day 2	3 step drop/ all routes	3 x 25 throws
Day 3	Roll-out/ short routes Roll-out/ long routes	2 x 25 throws 1 x 25 throws
Day 4	Return to play	