

**DISPLAY 26-8****Nine-Level Rehabilitation Throwing Program***

Level	Throws/Feet	Throws/Feet	Throws/Feet
One	25/25	25/60	
Two	25/25	50/60	
Three	25/25	75/60	
Four	25/25	50/60	25/90
Five	25/25	50/60	25/120
Six	25/25	50/60	25/150
Seven	25/25	50/60	25/180
Eight	25/25	50/60	25/210
Nine	25/25	50/60	25/240

** This program is designed for athletes to work at their own pace to develop the necessary arm strength to begin throwing from a mound. The athlete is to throw 2 days in a row and then rest for 1 day. It is not important to progress to the next throwing level with each outing. It is preferred that a number of outings at the same level be completed before progressing. It is important to throw with comfort, which may necessitate moving back a level on occasion.*

Data from reference 111.