

## **Dr. Larry “Chip” Bankston**

### **Post-Injury Throwing Program**

- Week 1-**    Day 1: 45 feet, 2 sets of 25 throws  
                 Off  
                 Day 2: 45 feet, 3 sets of 25 throws  
                 Off  
                 Day 3: 60 feet, 2 sets of 20 throws
- Week 2-**    Day 1: 60 feet, 3 sets of 20 throws  
                 Off  
                 Day 2: 75 feet, 2 sets of 20 throws  
                 Off  
                 Day 3: 75 feet, 3 sets of 20 throws
- Week 3**     Day 1: 90 feet, 2 sets of 15 throws  
                 Off  
                 Day 2: 90 feet, 2 sets of 25 throws  
                 Off  
                 Day 3: 105 feet, 2 sets of 15 throws
- Week 4**     Day 1: 105 feet, 2 sets of 20 throws  
                 Off  
                 Day 2: 120 feet, 1 set of 10 throws  
                 Off  
                 Day 3: 120 feet, 1 set of 15 throws