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COMPREHENSIVE PHYSICAL THERAPY		
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	Isabella Mesturini PT,DPT	

Megan R. Wolf, MD Sports Medicine/Foot & Ankle

Men's Javelin Throwing Program 6 Month Long Rehab

This throwing program is designed as a progressive increase in throwing endurance, distance, strength, and velocity after physical ailment that required rest to help in the healing process.

The athlete may continue to progress to the next step of the throwing program when they complete the current throwing day *without pain*. Be sure to communicate openly with your coaching staff. Make sure that you report any pain during this program. Muscle soreness between sessions is ok and is expected as you gradually increase your throwing volume. If there is pain during throwing, you need to quit for the day. During the next throw day, return to the furthest step you have completed without pain. If there is pain during this step, please contact your physician.

Throwing is to be done 3 days per week, typically Monday, Wednesday, Friday. There needs to be a day of rest between each throwing day.

You will be using various implements throughout this program; however, your throw should always reflect the way in which you would throw a javelin. Specific throwing positions are outlined throughout the program.

Proper warm up is important prior to any throwing sessions and should include:

- Jogging
- Shoulder/Scapular exercises
- Warm up throws
 - Start at 30 feet and move back progressively to the prescribed distance for that session. Start counting your throws once you are at the programmed distance for that day.
 - In the later weeks when you are completing a throw progression each session, start with 10-15 light tosses with the prescribed implement for that session

Proper cool down is also important, and should consist of light stretching, jogging, and icing if needed for soreness.



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WEEK 1-3

Implement: Baseball

Throwing stance: Stand with body facing your target. Both feet facing target, hips slightly open and rotated towards throwing side, throwing arm straight back in external rotation (turned upward), non-throwing arm straight out in front in internal rotation (thumb down).

Throwing motion: Rotate throwing arm up and over the top, simultaneously flexing the non-throwing arm into your side. Elbow of throwing arm should have minimal bend.

*Gradually incorporate a forward step into the throw by week 2-3.

*Rest 3-5 mins between each set of throws

WEEK 1

Monday

45 feet: 2 sets of 20 throws

Wednesday

45 feet: 2 sets of 20 throws

Friday

60 feet: 2 sets of 20 throws

WEEK 2

Monday

45 feet: 2 sets of 25 throws

Wednesday

45 feet: 2 sets of 25 throws

Friday

45 feet: 2 sets of 25 throws

WEEK 3

Monday

2 sets of: 15 throws at 45 feet +
10 throws at 60 feet

Wednesday

2 sets of: 15 throws at 45 feet +
10 throws at 60 feet

Friday

2 sets of: 15 throws at 45 feet +
10 throws at 60 feet

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Week 4-6

Implement: Baseball

Throwing Stance: Typical javelin stance with left (or right) hip facing target, throwing arm up and externally rotated (palm up), non-throwing arm out in front in internal rotation (palm down), ~80% of your weight on the back leg, slight bend in back leg

Throwing Motion: Shift weight forward on to plant leg, rotate hips and shoulders forward, throwing arm rotates up and over the top, again only with slight bend in the elbow, non-throwing arm is flexed into the side, finish high on tops of your block leg with shoulders and hips square and facing target. Incorporate these mechanics for the remainder of the program.



WEEK 4

Monday

60 feet: 2 sets of 20 throws

Wednesday

60 feet: 2 sets of 20 throws

Friday

60 feet: 2 sets of 20 throws

WEEK 5

Monday

2 sets of: 15 throws at 60 feet +
10 throws at 75 feet

Wednesday

2 sets of: 15 throws at 60 feet +
10 throws at 75 feet

Friday

2 sets of: 15 throws at 60 feet +
10 throws at 75 feet

WEEK 6

Monday

75 feet: 2 sets of 20 throws

Wednesday

75 feet: 2 sets of 20 throws

Friday

75 feet: 2 sets of 20 throws



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Week 7-9

Implement: Baseball

Throwing Motion: Now incorporate a walking 3 step. Increase walking speed each week.

WEEK 7

Monday

2 sets of: 15 throws at 75 feet +
 10 throws at 90 feet

Wednesday

2 sets of: 15 throws at 75 feet +
 10 throws at 90 feet

Friday

2 sets of: 15 throws at 75 feet +
 10 throws at 90 feet

WEEK 8

Monday

90 feet: 2 sets of 20 throws

Wednesday

90 feet: 2 sets of 20 throws

Friday

90 feet: 2 sets of 20 throws

WEEK 9

Monday

90 feet: 2 sets of 25 throws

Wednesday

90 feet: 2 sets of 25 throws

Friday

90 feet: 2 sets of 25 throws



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Week 10-12

Implement: Baseball, then Softball or 200g Javelin Ball

Throwing Motion: Now progress into jogging 3 step. Increase speed slightly each session.

Week 12 progress to a jogging 5 step.

WEEK 10

Monday

2 sets of: 15 throws at 90 feet with baseball + 10 throws at 75 feet with softball or jav ball

Wednesday

2 sets of: 15 throws at 90 feet with baseball + 10 throws at 75 feet with softball or jav ball

Friday

2 sets of: 15 throws at 90 feet with baseball + 10 throws at 75 feet with softball or jav ball

WEEK 11

Monday

90 feet: 2 sets of 20 throws

Wednesday

90 feet: 2 sets of 20 throws

Friday

90 feet: 2 sets of 20 throws

WEEK 12

Monday

2 sets of: 15 throws at 90 feet + *10 throws at 105 feet (5 step)

Wednesday

2 sets of: 15 throws at 90 feet + *10 throws at 105 feet (5 step)

Friday

2 sets of: 15 throws at 90 feet + *10 throws at 105 feet (5 step)



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Week 13-16

Implement: 400g Turbo Javelin or 400g Javelin Ball

Throwing Motion: Progress to a full speed 3 step by week 14 and full speed 5 step by week 16

WEEK 13

Monday

90 feet: 2 sets of 20 throws (3 step)

Wednesday

90 feet: 2 sets of 20 throws (3 step)

Friday

90 feet: 2 sets of 20 throws (3 step)

WEEK 14

Monday

2 sets of: 15 throws at 90 feet (3 step) + 10 throws at 105 feet (5 step)

Wednesday

2 sets of: 15 throws at 90 feet (3 step) + 10 throws at 105 feet (5 step)

Friday

2 sets of: 15 throws at 90 feet (3 step) + 10 throws at 105 feet (5 step)

WEEK 15

Monday

105 feet: 2 sets of 20 throws (5 step)

Wednesday

105 feet: 2 sets of 20 throws (5 step)

Friday

105 feet: 2 sets of 20 throws (5 step)

WEEK 16

Monday

2 sets of: 15 throws at 105 feet (5 step) + 10 throws at 120 feet (5 step)

Wednesday

2 sets of: 15 throws at 105 feet (5 step) + 10 throws at 120 feet (5 step)

Friday

2 sets of: 15 throws at 105 feet (5 step) + 10 throws at 120 feet (5 step)



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Week 17- 24

Implement: Javelin or javelin ball

Throwing motion: Now you will begin complete progressions from standing to 3-step to 5-step to full approaches each season as you would in a typical practice. Pay close attention to the prescribed implement weight and effort level for each session.

*400g turbo jav or 400g javelin ball
 10 standing
 5 3-step
 5 5-step
 5 full

WEEK 17

Monday
70% effort

Wednesday
50% effort

Friday
70% effort

WEEK 18

Monday
80% effort

Wednesday
60% effort

Friday
80% effort

*400g turbo jav or 400g javelin ball	THEN	*600g women's javelin or 600g javelin ball
5 standing		5 standing
3 3-step		2 3-step
3 5-step		2 5-step
3 full		2 full

WEEK 19

Monday
90% with 400g
70% with 600g

Wednesday
70% with 400g
50% with 600g

Friday
90% with 400g
70% with 600g

*600g women's javelin or 600g javelin ball
 10 standing
 5 3-step
 5 5-step
 5 full

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WEEK 20

Monday
 70% effort

Wednesday
 50% effort

Friday
 70% effort

WEEK 21

Monday
 80% effort

Wednesday
 60% effort

Friday
 80% effort

*600g women's javelin or 600g javelin ball THEN *800g men's javelin or 800g javelin ball

5 standing	5 standing
3 3-step	2 3-step
3 5-step	2 5-step
3 full	2 full

WEEK 22

Monday
 90% with 600g
 70% with 800g

Wednesday
 70% with 600g
 50% with 800g

Friday
 90% with 600g
 70% with 800g

*800g men's javelin or 800g javelin ball

10 standing
 5 3-step
 5 5-step
 5 full

WEEK 23

Monday
 70% effort

Wednesday
 50% effort

Friday
 70% effort

WEEK 24

Monday
 80% effort

Wednesday
 60% effort

Friday
 80% effort



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Week 25: Meet Simulation

- Full warm up
- Full throw progression: standing throws, 3-step throws, 5-step throws, full approach run throughs
- 2-3 full “practice throws” 80-90% effort
- Prelims Simulation: 100% effort
 - 3 full throws with 10 minutes between each throw. Stay loose between throws.

-----15-minute break-----

- Finals Simulation: 100% effort
 - Run throughs, practice throws as needed
 - 3 full throws with 10 minutes between each throw. Stay loose between throws.