

JAVELIN PROGRESSIVE THROWING PROGRAM
6 Week Short 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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Implement: Implement: 400g Turbo Javelin or 400g Javelin Ball

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. Progress to a walking 3-step by the 3rd session.



WEEK 1

Monday

Warm-up
45 feet: 15 throws
Rest: 10 minutes
Warm-up
45 feet: 15 throws

Wednesday

Warm-up
45 feet: 20 throws
Rest: 10 minutes
Warm-up
45 feet: 15 throws
Rest: 10 minutes
Warm-up
45 feet: 15 throws

Friday

Warm-up
60 feet: 15 throws
Rest: 10 minutes
Warm-up
60 feet: 15 throws
*Walking 3-step

WEEK 2

Monday

Warm-up
60 feet: 20 throws
Rest: 10 minutes
Warm-up
60 feet: 15 throws
Rest: 10 minutes
Warm-up
60 feet: 15 throws
*Walking 3-step

Wednesday

Warm-up
90 feet: 15 throws
Rest: 10 minutes
Warm-up
90 feet: 15 throws
*Jogging 3-step

Friday

Warm-up
90 feet: 20 throws
Rest: 10 minutes
Warm-up
90 feet: 15 throws
Rest: 10 minutes
Warm-up
90 feet: 15 throws
*Jogging 3-step

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

Implement: 600g Women’s Javelin or 600g Javelin Ball

20 standing
10 3-step
5 5-step

WEEK 3

Monday
 50% Effort

Wednesday
 50% Effort

Friday
 75% Effort

WEEK 4

Monday
 75% Effort

Wednesday
 100% Effort

Friday
 100% Effort

Implement: 800g Men’s Javelin or 800g Javelin Ball

20 Standing
10 3-step
5 5-step
3-5 Full

WEEK 5

Monday
 50% Effort

Wednesday
 50% Effort

Friday
 75% Effort

WEEK 6

Monday
 75% Effort

Wednesday
 100% Effort

Friday
 100% Effort

Week 7: 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.