



Ryan S. Charette MD
 Adam Q. Ferguson DO
 Jon Dale PA-C
 Christa Beyer PA-C

Aaron S. Covey MD MBA
 Rania R. Rifaey MD
 Edward S. Gensicki DPM
 Megan R. Wolf MD

Jon C. Driscoll MD
 Hudson H. Seidel MD
 Robert C. Stockton DO



www.comcllc.com
 PH: 203.265.3280
 FX: 203.741.6569

COMPREHENSIVE PHYSICAL THERAPY		
Melinda Amato OTR/L CHT	Raymond Ryan PT/Director	Peter Ives PTA
Brandon Heyda OTR/CHT	Valerie Peckingham PT	Kirsten Perillo PTA
	Isabella Mesturini PT,DPT	

Megan R. Wolf, MD

Sports Medicine/Foot & Ankle

Women's Softball
 6 Week Throwing Program

Interval Softball Throwing Program

This throwing program is designed as a progressive increase in throwing endurance, distance, and strength after a physical ailment that required rest to help in the healing process. Refer to the surgical protocol for start date, if surgery was performed. The athlete may continue to progress to the next step of the throwing program when they complete the current throwing day without any pain. *Make sure that they report any pain during this program.* Aching in the muscles is ok, but if the athlete experiences any pain while throwing, they need to quit for that day. During the next throwing day, the athlete should return to the last step that they threw without pain. If pain occurs at this step, contact physician.

Sessions of Throwing Program

Throwing should be done Monday, Wednesday and Friday. There needs to be a day of rest in between sessions. When you reach 75-90 feet, make sure to crow hop. Proper warm-up is important prior to any throwing sessions and should include:

- Jogging
- Shoulder/Scapular exercises
- Stretching
- Warm up throwing
 - start at 30 feet and move back progressively to the scheduled distance as your arm loosens up

Start counting the prescribed number of throws when you get to the programmed distance. Take a 5-minute break in-between sets.

After the throwing is completed, cool down should consist of light stretching and jogging. Ice is optional.

Week 1

Monday
30 feet: 25 throws

Wednesday
30 feet: 30 throws

Friday
30 feet: 10 throws
45 feet: 10 throws
30 feet: 10 throws

Week 2

Monday
30 feet: 10 throws
45 feet: 15 throws
30 feet: 10 throws

Wednesday
30 feet: 10 throws
45 feet: 20 throws
30 feet: 10 throws

Friday
30 feet: 10 throws
45 feet: 25 throws
30 feet: 10 throws



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Week 3

Monday
 45 feet: 10 throws
 60 feet: 10 throws
 45 feet: 10 throws

Wednesday
 45 feet: 10 throws
 60 feet: 15 throws
 45 feet: 10 throws

Friday
 45 feet: 10 throws
 60 feet: 20 throws
 45 feet: 10 throws

Week 4

Monday
 45 feet: 10 throws
 60 feet: 25 throws
 45 feet: 10 throws

Wednesday
 45 feet: 10 throws
 60 feet: 15 throws
 75 feet: 10 throws
 45 feet: 10 throws

Friday
 45 feet: 10 throws
 60 feet: 10 throws
 75 feet: 15 throws
 45 feet: 10 throws

Week 5

Monday
 45 feet: 10 throws
 60 feet: 25 throws
 75 feet: 20 throws
 45 feet: 10 throws

Wednesday
 45 feet: 10 throws
 60 feet: 10 throws
 75 feet: 25 throws
 45 feet: 10 throws

Friday
 45-60 feet: 10 throws
 75 feet: 10 throws
 90 feet: 15 throws
 45-60 feet: 10 throws

Sunday
 Up to 60 feet:
 Light catch – 30 throws

Week 6

Monday
 45-60 feet: 10 throws
 75 feet: 10 throws
 90 feet: 15 throws
 45-60 feet: 10 throws

Wednesday
 45 feet: 10 throws
 75 feet: 10 throws
 90 feet: 20 throws
 45-60 feet: 10 throws

Friday
 45-60 feet: 10 throws
 75 feet: 10 throws
 90 feet: 25 throws
 45-60 feet: 10 throws

Sunday
 Up to 60 feet:
 Light catch – 30 throws



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

Women's Softball
 6 Week Throwing Program

Interval Windmill Pitching Program for Pitchers

The athlete will progress to the next session once current session is accomplished free of pain. There should be at least 24 hours in-between sessions before progressing. Extra recovery days may be needed once the intensity and pitch count increases. When the sessions are completed, other pitches (i.e. curveball, screwball, etc.) may be performed as tolerated under supervision of pitching coach.

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

- Jogging
- Shoulder/Scapular exercises
- Stretching/Soft tissue mobilization
- Warm up throwing
 - throw 30 - 60 feet until pitching arm feels ready.

After the throwing is completed, cool down should consist of light stretching and jogging. Ice is optional.

Phase I:

- Session 1: 2 x 15 pitches at 75% effort**
- Session 2: 2 x 25 pitches at 75% effort**
- Session 2: 2 x 35 pitches at 75% effort**
- Session 4: 2 x 45 pitches at 75% effort**

Phase II:

- Session 5: 2 x 25 pitches at 100% effort**
- Session 6: 2 x 35 pitches at 100% effort**
- Session 7: 2 x 45 pitches at 100% effort**

Phase III:

- Session 8: 45 fastballs at 100% effort; 15 change ups at 100% effort**
- Session 9: 45 fastballs at 100% effort; 25 change ups at 100% effort**
- Session 10: 45 fastballs at 100% effort; 35 change ups at 100% effort**

Phase IV:

Other pitches as tolerated under supervision

863 N. Main St. Ext., Suite 200
 Wallingford, CT 06492

455 Lewis Avenue, Suite 101
 Meriden, CT 06451

98 Main Street, Suite 201
 Southington, CT 06489

714 South Main Street
 Cheshire, CT 06410