INTERVAL THROWING PROGRAM

For athletes who have sustained an elbow or shoulder injury from throwing or for athletes returning to the game after time away.

TCOmn.com/SportsPerformance
Integrated progression for injury prevention & optimizing athletic potential

- Researched-based return-to-throwing program customized to individual needs
- Whole body corrective exercises
- Proper form and mechanics emphasis
- USA Baseball soreness rules utilization

Comprehensive evaluation

Thorough assessment by a specialty-trained physical therapist

- Range of motion: arms, spine, hips, lower legs
- Functional movement screening
- Rotator cuff strength
- Scapular function
- Posture
- Core and lower extremity strength

Individual or group pricing

Individual evaluation only: $150
- Subsequent evaluations: $75/session

Individual Package: $250
- One-on-one training
  » Athlete’s catching partner is welcome to attend
- One to two month progression plan
- Four sessions: one evaluation and three throwing
- Additional throwing sessions: $50/session

Group Package: $40/person for 4–8 people
- One to two month progression plan
- Four sessions: one evaluation and three throwing
- Additional group throwing sessions: $40 person/session

To learn more and for team pricing, please email SpecialtyPrograms@TCOmn.com