

# 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](https://TCOmn.com/SportsPerformance)



**TWIN CITIES  
ORTHOPEDICS**



## **Integrated progression for injury prevention & optimizing athletic potential**

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- 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**

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**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**

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### **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](mailto:SpecialtyPrograms@TCOmn.com)**