

# THROWING PROGRAM



RETURN TO  
THROWING PROGRAM  
CUSTOMIZED TO THE  
INDIVIDUAL ATHLETE

[TCOmn.com](https://TCOmn.com)



TWIN CITIES  
ORTHOPEDICS

# PROGRAM OVERVIEW

**Custom throwing program designed for baseball and softball players at all levels, including youth, high school and collegiate, focused on baseline testing and data-driven measurements.**

- **Injury prevention**
- **Improved strength**
- **Enhanced performance**

## Objectives

- Return to throwing after an injury and/or extended time off
- Understand body mechanics in regard to performance and injury prevention
- Develop a proper warm-up and cool down technique for the throwing shoulder/upper extremity
- Learn specific exercises for strengthening the shoulder/upper extremity
- Improve and correct faulty throwing mechanics





# PROGRAM COMPONENTS

## Evaluation

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- Comprehensive evaluation including a full body physical examination of the elbows, shoulders, hips, core and lower extremities

## Treatment

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- Treatment designed for the specific needs of the overhead throwing athlete
- Development of an individualized baseball or softball specific exercise program

## Testing

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- Functional testing to identify readiness to return to throwing
- Biomechanical throwing analysis designed to identify and correct faulty throwing mechanics

## Advantages

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- Access to TCO's extensive sports medicine and orthopedic resources
- Referral to a local pitching coach
- USA Baseball and MLB Pitch Smart Guidelines
- In-season and out-of-season training
- Group and team program options available
- Insurance and cash-based payment options available

## **CONTACT**

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## **LOCATION & PRICING INFORMATION**

[TCOmn.com/Sports-Performance](https://TCOmn.com/Sports-Performance)