

Javelin: Return to Throwing Program

Complete each step 2-3x/week
Proceed to next step only if pain-free

Week 1

Standing sticks: throw from elbow
Intensity: 50%

Week 2

Standing sticks: throw from elbow
Intensity: 75%

Week 3

Standing sticks
Intensity: 90%-100%

Week 4

Standing: full throw (extension to throw)
Intensity: 50%

Week 5

Standing: full throw (extension to throw)
Intensity: 75%

Week 6

Standing: full throw (extension to throw)
Intensity: 90%-100%

Week 7

3 Step Approach
Intensity: 50%

Week 8

3 Step Approach
Intensity: 75%

Week 9

3 Step Approach
Intensity: 90%-100%

Week 10

5 Step Approach

Intensity: 75%

Week 11

5 Step Approach

Intensity: 90%-100%

Week 12

½ Approach

Intensity: 75%

Week 13

½ Approach

Intensity: 90%-100%

Week 14

Full Approach

Intensity: 75%

Week 15

Full Approach

Intensity: 90%-100%