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FREE 6-WEEK WORKBOOK · PDF INCLUDED

Return to Throwing: Free 6-Week Clinician-Led Planning Workbook

If you are searching for a free return-to-play throwing program after an injury, a generic four- or six-week schedule is not enough. This resource provides a planning and tracking workbook for use with your treating clinician. It does not prescribe throwing distances, counts, effort, or a date to return to games.

No email required · Athletes and families preparing questions for their treating clinician · By Pitch AI · 2026-09-07

Who this workbook is for

Do not begin or increase throwing based on this workbook. Obtain an individual plan and explicit clearance from the treating clinician. Pitch AI and a video analysis cannot provide medical clearance.

Healing status, the specific injury, strength, motion, symptoms, and the demands of the athlete’s position affect readiness. Being pain-free at rest or completing a calendar week does not, by itself, clear an athlete to throw.

Clearance comes first

This is a six-week tracking workbook, not a six-week recovery timeline. Your treating clinician sets every rehabilitation dose and progression.

Your weekly framework

Use these steps only alongside the treating clinician’s written plan.

Day / window	Plan
Before throwing begins	Ask the clinician what criteria must be met and who can authorize progression.
Before each prescribed session	Record the clinician-approved task, limits, and stopping instructions.

Day / window	Plan
After the session and next morning	Record the response and report symptoms according to the care plan.
Before any progression	Obtain approval when required; a completed log is not automatic permission.

Clinical planning questions

Questions to bring to the appointment

Exercise / task	Dose / question	How to use it
Readiness	What objective criteria must I meet?	Ask about motion, strength, symptoms, and tissue-healing requirements.
Starting dose	What exactly am I cleared to do?	Have the clinician write the ball, distance, count, effort, and frequency.
Response rules	What should make me stop or contact you?	Get specific instructions for same-day and next-day symptoms.
Competition	Who clears mound work and games?	Separate return to practice from return to competition.

When to stop and contact your clinician

If pain returns, stop throwing and contact the treating clinician before continuing. Sudden severe pain, marked swelling, weakness, numbness, or loss of function needs prompt medical assessment. Do not use an app-generated mechanics finding to diagnose the tissue involved.

Six tracking windows—not clearance milestones

Week	Decision
1	Tracking window only: document the prescribed phase, sessions completed, symptoms, next-day response, and clinician decision. No automatic advancement.
2	Tracking window only: document the prescribed phase, sessions completed, symptoms, next-day response, and clinician decision. No automatic advancement.
3	Tracking window only: document the prescribed phase, sessions completed, symptoms, next-day response, and clinician decision. No automatic advancement.
4	Tracking window only: document the prescribed phase, sessions completed, symptoms, next-day response, and clinician decision. No automatic advancement.
5	Tracking window only: document the prescribed phase, sessions completed, symptoms, next-day response, and clinician decision. No automatic advancement.

Week	Decision
6	Tracking window only: document the prescribed phase, sessions completed, symptoms, next-day response, and clinician decision. No automatic advancement.

There is no automatic advance from one row to the next. A clinician may hold or change the plan for longer than this workbook covers.

Keep a simple log

Date	Work completed	Response / next-day notes
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Do not enter private medical details in shared team copies. Keep your personal log securely.

Common questions

Can I return to games after six weeks?

The six rows are for tracking, not a recovery prediction. Your clinician decides progression and clearance.

Can the app replace physical therapy?

No. The app can support organization and training records; it does not replace clinical evaluation or rehabilitation.

Evidence & source notes

These sources inform the principles, not a guarantee that this exact template produces an outcome. Coaching manuals are labeled separately from research. No proprietary program tables or illustrations have been reproduced.

1. [Sgroi & Zajac \(2018\): Return to Throwing after Shoulder or Elbow Injury](#)

Return to throwing is a criteria-based rehabilitation decision, not a calendar deadline.

GO BEYOND THE TEMPLATE

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