



Return to Hitting program

- Avoid hitting on back to back days
- Perform each step twice prior to progressing

<p><u>Off tee</u></p>	<p>Step 1: 50% effort (15-20 swings) Step 2: 50% effort (2 of 15 swings) Step 3: 65-70% effort (2 sets of 15 swings) Step 4: 70-75% effort (2 sets of 20 swings) Step 5: 80-90% effort (2 sets of 25 swings)</p>
<p><u>Soft toss</u></p>	<p>Warm-up using tee stand Step 6: 50-60% effort (15-20 swings) Step 7: 65-70% effort (2 sets of 20 swings) Step 8: 80-90% effort (2 sets of 25 swings)</p>
<p><u>Batting practice</u></p>	<p>Warm-up with soft toss swings Step 9: 50-65% effort (2 sets of 25 swings) Step 10: 70-75% effort (2 sets of 30 swings) Step 11: 8-90% effort (2 sets of 35 swings)</p>

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.