

**High School/Youth UCL Reconstruction Post-Operative Throwing Program**  
**E. Edward Khalfayan, M.D.**

Post-op Week	Throws @ Feet	Total Throws
	M, W, F; Sat and Sun Off	
16	20x @ 20 Tennis Ball	20
	20 @ 20 Tennis Ball	20
	30 @ 30 Tennis Ball	30
17	20 @ 20 Baseball	20
	20 @ 20 Baseball	20
	30 @ 30 Baseball	30
18	10 @ 25	10
	20 @ 35	20
	30 @ 35	30
19	10 @ 25, 10 @ 30	20
	10 @ 25, 20 @ 30	30
	20 @ 25, 20 @ 30	40
20	20 @ 25, 20 @ 30	40
	10 @ 25, 30 @ 30	40
	10 @ 25, 10 @ 30, 10 @ 45	30
21	10 @ 25, 20 @ 30, 10 @ 45	40
	10 @ 25, 20 @ 30, 10 @ 45	40
	10 @ 25, 20 @ 30, 20 @ 45	50
22	10 @ 25, 20 @ 30, 20 @ 45	50
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60	40
	10 @ 25, 10 @ 30, 20 @ 45, 10 @ 60	50
23	10 @ 25, 10 @ 30, 20 @ 45, 10 @ 60	50
	10 @ 25, 10 @ 30, 20 @ 45, 10 @ 60	50
	10 @ 25, 10 @ 30, 20 @ 45, 20 @ 60	60
24	10 @ 25, 10 @ 30, 20 @ 45, 20 @ 60	60
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80	50
	10 @ 25, 10 @ 30, 10 @ 45, 20 @ 60, 10 @ 80	60
25	10 @ 25, 10 @ 30, 10 @ 45, 20 @ 60, 10 @ 80	60
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80	60
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80	60
26	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80	60
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 10 @ 100	60
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 10 @ 100	60
27	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80, 10 @ 100	70
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80, 10 @ 100	70
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80, 20 @ 100	80
28	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80, 20 @ 100	80
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80, 20 @ 100	80
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80, 20 @ 100	80
29	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 10 @ 100, 10 @ 120	70
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80, 10 @ 100, 10 @ 120	80
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 20 @ 80, 10 @ 100, 10 @ 120	80
30	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 20 @ 100, 10 @ 120	80
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 20 @ 100, 10 @ 120	80
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 20 @ 100, 20 @ 120	90
31	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 20 @ 100, 20 @ 120	90
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 10 @ 100, 10 @ 120, 10 @ 130	80
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 10 @ 100, 20 @ 120, 10 @ 130	90
32	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 10 @ 100, 10 @ 120, 20 @ 130	90
	10 @ 25, 10 @ 30, 10 @ 45, 10 @ 60, 10 @ 80, 10 @ 100, 10 @ 120, 20 @ 130	90
33	Flat Ground Bullpen @ 55 ft, 20-25 pitches FB only	
	Flat Ground Bullpen @ 55 ft, 20-25 pitches FB only	
	Flat Ground Bullpen @ 55 ft, 20-25 pitches FB only	
	Flat Ground Bullpen @ 55 ft, 20-25 pitches FB only	
34	Flat Ground Bullpen @ 60 ft, 25-30 Pitches, FB only	
	Flat Ground Bullpen @ 60 ft, 25-30 Pitches, FB only	
	Flat Ground Bullpen @ 60 ft, 25-30 Pitches, FB only	
35	Flat Ground Bullpen @ 60 ft, 30-35 pitches, FB only	
	Flat Ground Bullpen, 30-35 pitches, FB only	
	Flat Ground Bullpen, 30-35 pitches, FB only	
36	Flat Ground Bullpen 35-40 pitches, FB/CH	
	Flat Ground Bullpen 35-40 pitches, FB/CH	
	Flat Ground Bullpen 35-40 pitches, FB/CH	
37	Flat Ground Bullpen 40-45 pitches, FB/CH	
	Flat Ground Bullpen 40-45 pitches, FB/CH	
	Flat Ground Bullpen 40-45 pitches, FB/CH	
38	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (6)	
	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (6)	
	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (6)	
39	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (8)	
	Flat Ground Bullpen 40-45 pitches, FB/CH/CB (8)	
	Sim game 1 inning (20)	
40	Sim game 1 inning (20)	
	Sim game 1 inning (20)	
	Sim Game 2 innings (25-30)	
41	Sim Game 2 innings (25-30)	
	Sim Game 2 innings (25-30)	
	Game 1 inning (20 pitch max)	
42	Game 2 innings (30 pitch max)	
	Progress as tolerated, all pitches	