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Progressive Hitting Program

After completing a 10 minute aerobic warm up (jog, bike, stairmaster) and upper/lower body stretching, the athlete will perform the progressive hitting program (PHP). The goal of the PHP is to slowly, in a step-by-step progression prepare the athlete for return to live BP and full return to play. The PHP is designed as a guideline for return to hitting and not all injuries or surgeries may require the athlete to perform all the steps in the program.

The Progressive Hitting Program should be performed under the guidance of the athletic trainer or therapist in the early stages (if possible). The PHP is a 1 day on 1 day off program with feedback from the player being the guide for any needed rest during the program. The PHP may be done in conjunction with an interval throwing program (ITP). If the athlete is to perform the PHP and ITP on the same day, the athlete will throw first, then hit second, perform any rehab third, and finally finish with the strength and conditioning program (if applicable).

The athlete is to complete only one step per day of the PHP. The athlete must remain pain free in order to progress to the next step. If the athlete experiences pain/soreness- he/she should stop the hitting session for that day and report to the athletic trainer or therapist for reevaluation. The athlete may have to take several days off from PHP if pain/soreness remains. Only resume the PHP when the athlete is pain free. The athlete may have to go back 1-2 steps when returning to PHP if off the program for more than 2 weeks or experienced severe pain.

Step 1 (Dry)

- 20 dry swings
- 5 minutes rest
- 20 dry swings

Step 2 (Dry)

- 20 dry swings
- 5 minutes rest
- 20 dry swings
- 5 minutes rest
- 20 dry swings

Step 3 (Tee)

- 10 Warm up swings (dry regular bat) 20 Tee swings (direct to all fields)
- 5 minutes rest
- 10 Warm up swings (dry regular bat) 20 Tee swings (direct to all fields)

Step 4 (Tee)

- 10 Warm up swings (dry regular bat)
- 20 Tee swings (direct to all fields)
- 5 minutes rest
- 10 Warm up swings (dry regular bat)
- 20 Tee swings (direct to all fields)
- 5 minutes rest
- 10 Warm up swings (dry regular bat)
- 20 Tee swings (direct to all fields)

Step 5 (soft toss)

- Warm up swings (10 dry regular bat, 10 tee regular bat)
- 20 swings (direct to all fields/different speeds) 5 minutes rest
- Warm up swings (10 dry regular bat)
- 25 swings (direct to all fields/different speeds)

Step 6 (soft toss)

- Warm up swings (10 dry regular bat, 10 tee regular bat)
- 20 swings (direct to all fields/different speeds) 5 minutes rest
- Warm up swings (10 dry regular bat)
- 20 swings (direct to all fields/different speeds) 5 minutes rest
- Warm up swings (10 dry regular bat)
- 20 swings (direct to all fields/different speeds)

Step 7 (machine or coach overhand toss at 45 feet)

- Warm up swings (10 dry regular bat, 10 tee regular bat, 10 soft toss regular bat)
- 20 swings (limit speed/force of pitch)
- 5 minutes rest
- Warm up swings (10 dry regular bat)
- 20 swings (limit speed/force of pitch)

Step 8 (machine or coach overhand toss at 45 feet)

- Warm up swings (10 dry regular bat, 10 tee regular bat, 10 soft toss regular bat)
- 15 swings (limit speed/force of pitch)
- 5 minutes rest
- Warm up swings (10 dry regular bat)
- 20 swings (limit speed/force of pitch)
- 5 minutes rest
- Warm up swings (10 dry regular bat)
- 20 swings (limit speed/force of pitch)

Progress to live BP with team to prepare for full return to play