


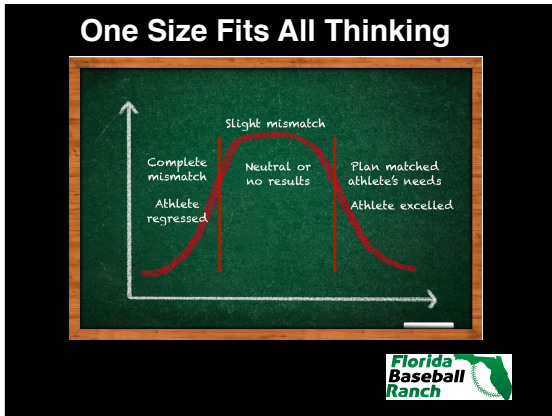
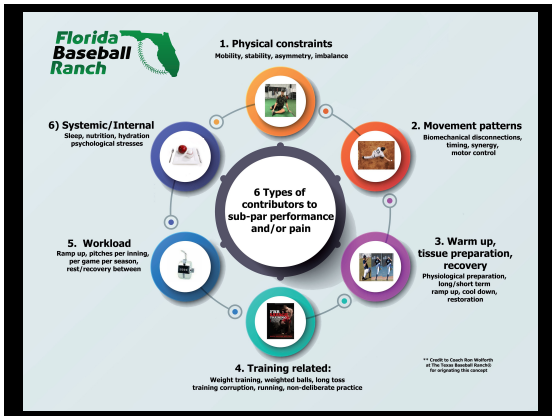
**Disclosure Statement**

**Major shareholder, founder and CEO:**  
**The Florida Baseball Ranch® and Sullivan Rehab Services**

**Keep Doing You!**

Individualizing Rehab & Return to Throwing Programs

If we don't change anything, why should we expect anything to change?

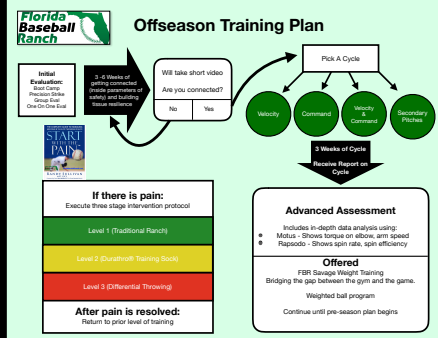



Dysfunction

Contributors



## How We Manage Arm Pain



## 3 Levels of Intervention

If there is pain:  
Execute three stage intervention protocol

Level 1 (Traditional Ranch)

Level 2 (Durathro® Training Sock)

Level 3 (Differential Throwing)

After pain is resolved:  
Return to prior level of training

## 6 Ways To Influence a Movement Pattern



## Level 1 Protocol

	Reps with Baseball Ball and Bat	Reps With Baseball Only
Day 1-5	5	1 1 time through drill list
Day 6-10	5	1 1 time through drill list
Day 11-15	5	1 2.5 times through drill list
Day 16-20	5	1 3 times through drill list
Quick Activation Action	Jr. & 16, Edn, Tr, GS	Connection Ball Position
Observation Drills		
Reverse Frontalons		
Marshall		
Working Marinals		
Tempo/Connection Drills		
Tempo Drill		
Deep Stance With Arm Swings (No Connection Ball)		
Working Tempos		
Tempo/Connection Drills		
Quick Pikes		
Jump Backs		
Double Pikes		
Hit Connection Drill		
Lower Half Drills		
One Squats		
Double Cross Hops		
Hockeys		
U's		
Normal Drills		
Complex		
Fast Feet Drills		
Feed The Mistake		
Three Appear inside for 10k of drills		

## Level 2 Protocol

	Reps with sock, 7' for ball position 2	Reps With Baseball Only
Day 1-5	5	0
Day 6-7	OFF	OFF
Day 8-12	4	1
Day 13-14	OFF	OFF
Day 15-19	3	2
Day 20-23	2	3
Day 24-27	1	4
Day 28-31	0	5

Florida  
Baseball  
Ranch

Keep intensity below pain  
threshold.

If pain persists, stop and call  
immediately.

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Florida  
Baseball  
Ranch

Observation Drills

Reverse Frontalons

Marshall

Tempo/Connection Drills

Tempo Drill

Deep Stance With Arm Swings  
(no connection ball)

Working Tempos

Arm Action Drills

Quick Pikes

Jump Backs

Lower Half Drills

One Squats

Double Cross Hops

Hockeys

# Level 3 Protocol

	Reps with Football	Reps with 14' Infant Club	Reps with baseball bat and weighted ball	Reps With Baseball Only
Day 1-5	3	0	0	0
Day 6-7	OFF	OFF	OFF	OFF
Day 8-12	3	2	1	0
Day 13-14	OFF	OFF	OFF	OFF
Day 15-18	2	2	2	1
Day 19-23	0	2	3	2
Day 24-27	0	1	3	3
Day 28-31	0	0	1	5
Day 32+	0	0	0	6

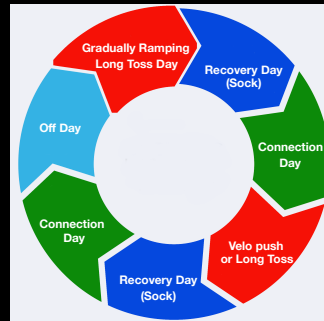
  

**Florida Baseball Ranch**

Keep intensity below pain threshold  
If pain persists, stop and call immediately

Deceleration Drills	
Reverse Proximations	X
Manifolds	X
Range/Connection Drills	
Tropicus Grid	X
Step Behind With Arm Springs (Flat Connection Ball)	X
Walking Tropicus	X
Arm Action Drills	
Quick Pick	X
Lower Half Drills	
Box Squats	X
Double Hops	X
Hookups with danglers	X

# Returning to Competition



# Post Surgical Return to Throwing



# Found on Google

Phase I - Interval Throwing Program	
Day 1	Step 1
Day 2	Step 2
Day 3	Step 3
Day 4	Step 4
Day 5	Step 5
Day 6	Step 6
Day 7	Step 7
Day 8	Step 8
Day 9	Step 9
Day 10	Step 10
Day 11	Step 11
Day 12	Step 12
Day 13	Step 13
Day 14	Step 14
Day 15	Step 15
Day 16	Step 16
Day 17	Step 17
Day 18	Step 18
Day 19	Step 19
Day 20	Step 20
Day 21	Step 21
Day 22	Step 22
Day 23	Step 23
Day 24	Step 24
Day 25	Step 25
Day 26	Step 26
Day 27	Step 27
Day 28	Step 28
Day 29	Step 29
Day 30	Step 30
Day 31	Step 31
Day 32	Step 32
Day 33	Step 33
Day 34	Step 34
Day 35	Step 35
Day 36	Step 36
Day 37	Step 37
Day 38	Step 38
Day 39	Step 39
Day 40	Step 40
Day 41	Step 41
Day 42	Step 42
Day 43	Step 43
Day 44	Step 44
Day 45	Step 45
Day 46	Step 46
Day 47	Step 47
Day 48	Step 48
Day 49	Step 49
Day 50	Step 50
Day 51	Step 51
Day 52	Step 52

# Hyper-individualization

The Holy Grail of Training  
Must apply to rehab and injury management



# Post Surgical Return

FBR 25 Week Interval Throwing Program (Every Other Day)			
Phase 1: Flat ground and drills			
Every throwing day	Total body dynamic warmup	Arm care/warmup throwing throws	5-10 minute rest between sets
	<b>45 Foot Phase</b>		<b>90 Foot Phase</b>
Week 1 (50 throws)	25 throws x 2 sets	Week 5 (50 throws)	25 throws x 1 set
			25 corrective drill throws
Week 2 (75 throws)	25 throws x 3 sets	Week 6 (75 throws)	20 throws x 1 set
			18 throws x 1 set
			20 corrective drill throws
			17 corrective drill throws
	<b>60 Foot Phase</b>		<b>120 Foot Phase</b>
Week 3 (50 throws)	25 throws x 1	Week 7 (50 throws)	25 throws x 1 set
	25 corrective drill throws		25 corrective drill throws
Week 4 (75 throws)	25 throws x 2	Week 8 (75 throws)	20 throws x 1 set
			18 throws x 1 set
	25 corrective drill throws		20 corrective drill throws
			17 corrective drill throws

# Post Surgical Return

Phase 2: Mound Pitches		
Up to 120 (1) + 60% as warmup	Gradually ramping	up intensity of pitches
<b>60% Fastball Phase</b>		<b>Live BP Phase</b>
Week 9 15 pitches x 1 set 60%		Week 19 10 pitches x 2 sets 15 pitches live BP x 3 sets
Week 10 15 pitches x 2 sets 60%		Week 20 15 pitches x 2 sets 75% 15 offspeed x 1 set 60% 20 pitches live BP x 2-3
Week 11 15 throws x 3 sets 60%		Week 21 15 pitches x 2 sets 75% 15 offspeed x 2 sets 75% 15 pitches live BP x 3-4 sets (25% offspeed)
Week 12 20 pitches x 3 sets 60%		Week 22 15 pitches x 2 sets 85% 20 pitches live BP x 3-4 sets (25% offspeed)
<b>75% Fastball Phase</b>		<b>Sim Game Phase</b>
Week 13 15 pitches x 2 sets 75%		Week 23 - 24 Simulated games twice per week
Week 14 15 pitches x 2 sets 75% 15 pitches x 3 sets 60%		Week 25 + Preseason x 15 pitches per outing
Week 15 15 pitches x 3 sets 75% 15 pitches x 1 set 60%		See Pre-Season Cycle
Week 16 20 pitches x 3 sets 75%		
<b>Live BP Phase</b>		
Week 17 15 pitches x 3 sets 75% 15 pitches live BP x 1 set		
Week 18 15 pitches x 3 sets 75% 15 pitches live BP x 2 sets		

# Rehab Concepts

Use radar gun to control intensity and effort



# Use Available Tech

MOTUS® Sleeve



MuscleSound®



# Rehab Concepts

New pattern will transfer after sub-maximal training



# Post-Surgical Rehab Concepts

Expect "That Moment"



# Pitcher Under Duress



THANK YOU



Q & A