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POST-OP 6 WEEK FOOTBALL THROWING CALENDAR

RUTGERS

North Jersey
Orthopaedic Institute

NEW J	. '	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1		Warm up Tossing Throws 10yds X25-30		Warm up Tossing Throws 10yds X25-30		Warm up Tossing Throws 15yds X25-30	
Week 2		Warm up Tossing Throws 20yds X25-30		Warm up Tossing Throws 20yds X25		Warm up Tossing Throws 25yds X25-30	
Week 3		Warm up Tossing Throws 30yds X25-30		Warm up Tossing Throws 30yds X25-30		Warm up Tossing Throws 35yds X25-30	
Week 4		Warm up Tossing Throws 40yds X25-30		Warm up Tossing Throws 40yds X25-30		Warm up Tossing Throws 45yds X25-30	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5		Warm up Tossing Throws 30yds X25 REST 5-10 minutes Throws 30yds X25		Warm up Tossing Throw 40yds X 10 Throw 30yds X 15 REST 5-10 minutes Throw 20yds X 15		Warm up Tossing Throw 50yds X 20 Throw 30yds X 20 REST 5-	



NI CAM/	IEDCEV	MEDICAL	CCHOOL

			minutes	
			Throw	
			20yds X	
			20	
	Warm up	Warm up	Warm	
	Tossing	Tossing	up	
Mook	Throw 25-	Throw 20-	Tossing	
Week	35yds X 20	25yds X 20	Throw	
6	Throw 40-	Throw 45-	20-	
	50yds X 20	55yds X 20	25yds X	
	Throw	Throw 30-	15	
	20yds X 20	35yds X 20	Throw	
	Throw 10-	Throw 10-	40-	
	15yds X10	15yds X20	50yds X 25	
			Throw	
			30-	
			40yds X	
			20	
			Throw	
			10-	
			20yds	
			X20	
			Throw	
			20-	
			30yds	
			X10	
	Warm up	Warm up	Warm	Progress to
	Tossing	Tossing	up	Practices
Week	Throw 20-	Throw 25-	Tossing	
_	30yds X 15	35yds X 15	Throw	
/	Throw 40- 50yds X 20	Throw 45- 55yds X 20	20- 30yds X	
	Throw 30-	Throw 35-	15	
	40yds X 20	45yds X 20	Throw	
	Throw 10-	Throw 10-	40-	
	20yds X20	20yds X20	50yds X	
	Throw 20-	Throw 20-	20	
	30yds X20	30yds X20	Throw	
	,	,	30-	
			40yds X	
			20	
			Throw	

RUTGERS North Jersey Orthopaedic Institute

NEW	IEDCEV	MEDICAL	SCHOOL

			10-	
			20yds	
			X20	
			Throw	
			20-	
			30yds	
			X20	
			15	
			Throws	
			(Roll out	
			to	
			throwing	
			side)	
			15	
			Throws	
			(Roll out	
			to non-	
			throwing	
			side)	