



ILLINOIS
BONE & JOINT
INSTITUTE®

Move better. Live better.

Baseball Return to Sports High School/College

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Drguelich.com

The program

	Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Fielders	1	Hitting	45'x50	Hitting	45'x75	Hitting	60'x50	Hitting
	2	60'x75	Hitting	90'x50	Hitting	90'x75	Hitting	120'x50
	3	Hitting	120'x75	Hitting	150'x50	Hitting	150'x75	Hitting
	4	180'x50	Hitting	180'x75	Hitting	180'x50	Hitting	RTP
	Week	Sun	Mon	Tue	Wed	Thur	Fri	Sat
Pitchers	5	50%x15	Rest	Long Toss	50%x30	Rest	Long Toss	50%x45
	6	Rest	Long Toss 50%x45+	50%x60	Rest	Long Toss 50%x30+	50%x70	Rest
	7	Long Toss 50%x10+	75%x30	Rest	Long Toss 75%x60	75%x45	Rest	Long Toss 75%x45
	8	75%x65	Rest	Long Toss	+BPx15	Rest	Long Toss	+BPx45
	9	Rest	Long Toss 75%x30	75%x(30+15) +BPx60	Rest	Long Toss Simulated	75%(30+30) +BPx30	Rest
	10	Long Toss	+BPx90	Rest	Long Toss	Game	Rest	Long Toss
	11	RTP						