



Return to Hitting Program

for Baseball Players

Step 1

- 3 sets of 10 dry swings at 50%

Step 2

- 2 sets of 15 dry swings at 50%
- 2 set of 10 dry swings at 75%

Step 3

- 1 set of 15 dry swings at 50%
- 3 sets of 15 dry swings at 75%
- 1 set of 10 dry swings at 90%

Step 4

- 1 set of 20 dry swings 50-90% (progress intensity)
- 3 sets of 15 swings off tee 50-75%

Step 5

- 2 sets of 15 swings 50-75% off tee
- 3 sets of 10 swings soft toss 50-75%

Step 6

- 2 sets of 15 swings off tee 50-75%
- 3 sets of 15 swings 50-75% soft toss

Step 7

- 1 set of 15 swings off tee 50-75%
- 3 sets of 15 swings 50-75% soft toss
- 2 set of 10 swings 75-90% soft toss

Step 8:

- Warm up (tee or dry swings until loose. At least 10, vary intensity)
- 4 sets of 10 swings BP - 75%
- 2 sets of 15 swings off tee for cool down - 50-75%

Step 9:

- Warm up (tee or dry swings until loose. At least 10, vary intensity)
- 3 sets of 15 swings BP - 75%
- 2 sets of 15 swings off tee for cool down - 50-75%

Step 10:

- Warm up (tee or dry swings until loose. At least 10, vary intensity)
- 3 sets of 20 swings increasing to 90-100%
- 2 sets of 15 swings off tee for cool down

Step 11

- Warm up (tee or dry swings until loose. At least 10, vary intensity)
- Live hitting 10-20 swings

Frequency of these steps will be at the recommendation of your healthcare provider. Do NOT progress to the next step if you experience pain. Discuss with your healthcare provider to determine modification if there is pain.

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.