

Resources

JAEGER SPORTS

REHAB THROWING PROTOCOL



HEALTH AND STRENGTH BEFORE COMPETITION

YOUR ARM IS THE BOSS

Only the athlete can feel how the arm is responding to the rehab throwing process.

BUILD A BASE

Prioritize building a substantial base of health and strength before competing.

LISTEN TO YOUR ARM

Follow medical guidelines and then focus on training to get back to a baseline of Arm Health and Strength.