32nd Injuries in Baseball Course
January 24 –26, 2014
Omni Hotel
Atlanta, GA

FRIDAY
January 24, 2014

8:00 a.m. WELCOME
James R. Andrews, M.D.
Kevin E. Wilk, PT. D.P.T., F.A.P.T.A.
Glenn S. Fleisig, Ph.D.

SESSION I
SHOULDER I

Objective: Integrate shoulder anatomy with biomechanics, examination, treatment
and rehabilitation of the unstable shoulder

Moderator: Jeffrey R. Dugas, M.D.

8:05 a.m. Faculty Introductions

8:10 a.m. Biomechanics of the Shoulder during Throwing
Glenn S. Fleisig, Ph.D.

8:30 a.m. Shoulder Dissection
Yvonne Satterwhite, M.D.
Two ASMI fellows

8:50 a.m. Physical Exam of the Shoulder
James R. Andrews, M.D.
Xavier Duralde, M.D.

9:05 a.m. Rotator Cuff Issues in Throwers
Jeffrey R. Dugas, M.D.
9:25 a.m.  GIRD and/or TROM What Seems to Have a Relationship with Shoulder Injuries & What Can we do About it
Kevin E. Wilk, PT. D.P.T., F.A.P.T.A.

9:45 a.m.  **Panel Discussion**
Moderator: Jeffrey R. Dugas, M.D.
Glenn S. Fleisig, Ph.D.
Yvonne Satterwhite, M.D.
Xavier Duralde, M.D.
Jeffrey R. Dugas, M.D.
Kevin E. Wilk, PT. D.P.T., F.A.P.T.A.

10:05 a.m.  **BREAK**

**SESSION II**

**SHOULDER II**

Objective:  Apply current advances in treatment and rehabilitation to injuries of the throwing shoulder

Moderator:  Joseph Wilkes, M.D.

10:25 a.m.  Faculty Introductions

10:30 a.m.  Labral Pathology in Throwers
Xavier Duralde, M.D.

11:05 a.m.  Biceps Tendon: Facts and Fiction
E. Lyle Cain, Jr., M.D.

11:20 a.m.  Batters Shoulder
Jeffrey R. Dugas, M.D.

11:30 a.m.  Non-Operative Rehabilitation of the Throwers Shoulder

11:50 a.m.  Putting It All Together
James R. Andrews, M.D.

12:25 p.m.  **Panel Discussion**
Moderator:  Joseph Wilkes, M.D.
Xavier Duralde, M.D.
SESSION III
REHABILITATION

Objective: Review current advances in the rehabilitation of injuries to the throwing shoulder

Moderator: Kevin E. Wilk, PT. D.P.T., F.A.P.T.A.

1:45 p.m. Faculty Introductions

1:50 p.m. Current Concepts in the Evaluation and Treatment of the Throwers Scapula
Russ Paine, P.T.

2:10 p.m. Non-Operative Rehabilitation of painful shoulder & SLAP Lesions in the Throwers Shoulder
Todd Hooks, PT, OCS,SCS,ATC,MOMT,MTC,CSCS,FAAOMPT

2:30 p.m. Techniques I Use to Strengthen the Throwers Shoulder Complex

2:50 p.m. Non-Operative Rehabilitation of Rotator Cuff Tendinitis in Pitchers
Jamie Reed, A.T.,C., L.A.T.

3:10 p.m. Special Rehabilitation Concepts & Techniques for the Windmill Pitcher
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A.

3:30 p.m. Panel Discussion
Moderator: Kevin E. Wilk, PT. D.P.T., F.A.P.T.A.
Russ Paine, P.T.
Jamie Reed, A.T.,C., L.A.T.
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A.

3:50 p.m. BREAK
SESSION IV
STRENGTH & CONDITIONING

Objective: Recognize and report current trends associated with training procedures in baseball

Moderator: Michael J. Axe, M.D.

4:10 p.m. Faculty Introductions

4:15 p.m. Scientific and Clinical Rationale of Plyometrics for the Shoulder

4:35 p.m. Weighted Baseballs and Long Toss for Healthy Pitchers
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.

4:55 p.m. Interval Throwing Programs: Where are we today
Michael Axe, MD

5:15 pm Dynamic Warm Up vs. Static Stretching Warm Up
Michael Ryan, A.T., C., C.S.C.S.

5:35 p.m. Muscle Activation to Maximize Performance
Jim Ronai, MS, PT, ATC, CSCS

5:55 p.m. Panel Discussion
Moderator: Michael J. Axe, M.D.
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.
Michael Ryan, A.T., C., C.S.C.S.
Jim Ronai, M.S., P.T., A.T., C., C.S.C.S.

6:10 p.m. ADJOURN

6:10 p.m. REGISTRANTS’ RECEPTION
SATURDAY
January 25, 2014

7:00 a.m.  Roundtable Open Discussion
Injury Risk Management: Can we successfully determine players at higher risk of injury?
Moderator: Kevin E. Wilk, P.T., D.P.T., F.A.P.T.A.
Stan Conte, P.T., D.P.T., A.T.C.
Glenn S. Fleisig, Ph.D.
Rick Peterson
Larry Rothschild

SESSION V
ELBOW I

Objective: Examine current concepts relating to the anatomy, biomechanics, examination and treatment of the elbow

Moderator: E. Lyle Cain, Jr., M.D.

8:00 a.m.  Faculty Introductions

8:05 a.m.  Anatomy of the Elbow
K. Scott Malone, M.D.
Two fellows from AREI

8:25 a.m.  Biomechanics of the Elbow during Throwing
Tony Laughlin, M.S.

8:45 a.m.  Physical Exam of the Elbow
James R. Andrews, M.D.
Joe Chandler, M.D.

9:05 a.m.  How I Evaluate the Professional Player with Medial Elbow Pain
Xavier Duralde, M.D.

9:25 a.m.  Non-Operative Elbow Lesions
Lenny Macrina, PT, SCSC
9:45 a.m.  **Panel Discussion**  
Moderator: E. Lyle Cain, Jr., M.D.  
Scott Malone, M.D.  
Tony Laughlin, M.S.  
James R. Andrews, M.D.  
Joe Chandler, M.D.  
Xavier Duralde, M.D.  
Lenny Macrina, PT

10:00 a.m.  **BREAK**

**SESSION VI**  
**ELBOW II**

Objective: Review the treatment and rehabilitation of injuries to the elbow

Moderator: Gary Lourie, M.D.

10:20 a.m.  Faculty Introductions

10:25 a.m.  Prevalence of UCL Injuries in Professional Baseball  
Stan Conte, P.T., D.P.T., A.T.C.

10:45 a.m.  Surgical Techniques of UCL Injury: The ASMI Philosophy  
E. Lyle Cain, Jr., M.D.

11:05 a.m.  Long-Term Outcomes for Ulnar Collateral Reconstruction  
Daryl Osbahr, M.D.

11:25 a.m.  Alternative Techniques for UCL Injury: PRP/ Stem Cells/Various Surgical Techniques  
Jeffrey R. Dugas, M.D.

11:45 a.m.  Posteromedial Impingement  
Gary Lourie, M.D.

12:05 p.m.  Post-Operative Rehabilitation following UCL Reconstruction  
Kevin E. Wilk, PT. D.P.T., F.A.P.T.A.
12:25 p.m.  **Panel Discussion and Case Presentations**  
Moderator: Gary Lourie, M.D.  
Stan Conte, P.T., D.P.T., A.T.C.  
E. Lyle Cain, Jr., M.D.  
Daryl Osbahr, M.D.  
Jeffrey R. Dugas, M.D.  
Kevin E. Wilk, PT. D.P.T., F.A.P.T.A.

12:45 p.m.  **JAMES R. ANDREWS AWARD FOR EXCELLENCE IN BASEBALL SPORTS MEDICINE**  
**ASMI CAREER SERVICE AWARD**

12:55 p.m.  **Lunch**

**CONCURRENT SESSION VII -A REHABILITATION**

Objective: Discuss the importance of rehabilitation and conditioning techniques for today’s athlete

Moderator: Jeff Porter, ATC

2:00 p.m.  Faculty Introductions

2:05 p.m.  Can you play baseball without an ACL? How do you determine copers?  
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A

2:25 p.m.  Keys to Strengthening the Rotator Cuff in Throwers  
Russ Paine, P.T.

2:45 p.m.  Joint Mobilizations to the Glenohumeral Joint. How Much Force is Necessary?  

3:05 p.m.  Patellofemoral Rehabilitation: It's not About the VMO  

3:25 p.m.  Velocity after Reconstruction in Major League Pitchers  
Stan Conte, P.T., D.P.T., A.T.C.

3:45 p.m.  Throwers Shoulder Rehab: Differences between Quarterbacks and Pitchers

4:05 p.m.  Foot and Ankle Lesions and Rehabilitation
Michael J. Wooden, P.T., M.S., O.C.S., M.T.C.

4:25 p.m.  Transitioning from Rehabilitation to Performance Training: What Are the Key Components?

4:45 p.m.  Panel Discussion
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A
Russ Paine, P.T.
Stan Conte, P.T., D.P.T., A.T.,C.
Michael J. Wooden, P.T., M.S., O.C.S., M.T.C.

5:05 p.m.  BREAK

CONCURRENT SESSION VII -B
COACHING

Objective:  Discuss the practical aspects of developing a healthy pitcher

Moderator:  E. David Osinski, M.A.

2:00 p.m.  Faculty Introductions

2:05 p.m.  Comparison of Pitching Mechanics
E. David Osinski, M.A.

2:35 p.m.  Changes in Pitching Biomechanics after Shoulder SLAP Repair
Tony Laughlin, M.S.

2:55 p.m.  Customized Training Based Upon Biomechanical Analysis
Rick Peterson

3:25 p.m.  Long Toss Program for Professional Pitchers
Larry Rothschild

3:55 p.m.  The Mechanics of Hitting
Mike Gaski

4:25 p.m.  **Panel Discussion**  
Moderator: E. David Osinski, M.A.  
Tony Laughlin  
Rick Peterson  
Larry Rothschild  
Mike Gaski

5:00 p.m.  **ADJOURN**

**SUNDAY**  
**January 26, 2014**

**SESSION VIII**  
**Youth & High School Baseball**

**Objective:** Examine current concepts in prevention and treatment to injuries in youth baseball

**Moderator:** Paul Seiler

8:00 a.m.  Faculty Introductions

8:05 a.m.  ASMI & USA Baseball Guidelines for Youth & High School Baseball  
Glenn S. Fleisig, Ph.D.

8:25 a.m.  In-Season Throwing Program for High School Pitchers  
E. David Osinski, M.A.

8:45 a.m.  Traumatic Brain Injuries in Baseball  

9:05 a.m.  Building Athleticism in Adolescent Baseball Players  
Jim Ronai, MS, PT, ATC, CSCS

9:25 a.m.  Six-Week Core Training Program for High School Baseball Players  
Rafael Escamilla, Ph.D., P.T., C.S.C.S.

9:45 a.m.  Rehabilitation Concepts and Drills for the Youth and Adolescent Players  
Lenny Macrina, PT, CSCS

10:05 a.m.  **Panel Discussion**
SESSION IX
The KNEE

Objective: Review current advances in treatment and rehabilitation for knee injuries

Moderator: Scott Gillogly, M.D.

10:25 a.m. Faculty Introductions

10:30 a.m. Preserving the Knees of Catchers
Charles Leddon, Ph.D.

10:50 a.m. Management of Patellofemoral Joint Disorders
Adam Anz, M.D. (or Roger Ostrander, M.D.)

11:10 a.m. ACL Surgery: What’s the best graft for a baseball player
Scott Gillogly, M.D.

11:30 a.m. ACL Rehabilitation: The Key Components
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A.

11:50 a.m. Panel Discussion
Moderator: Scott Gillogly, M.D.
Charles Leddon, Ph.D.
Adam Anz, M.D. (or Roger Ostrander, M.D.)
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A.

12:10 p.m. CLOSING
James R. Andrews, M.D.
Kevin E. Wilk, P.T., D.P.T., F.A.P.T.A.
Glenn S. Fleisig, Ph.D.

12:20 p.m. ADJOURN