FRIDAY
January 29, 2016

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

SESSION I
SHOULDER I

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

8:05 a.m. Moderator/Faculty Introductions
Jeffrey R. Dugas, M.D.

8:10 a.m. VIDEO DEMONSTRATION
Anatomy of the Shoulder
Moderator:

8:30 a.m. Biomechanics of the Shoulder
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.

8:50 a.m. Shoulder Instability and Laxity in the Thrower
Michael Sheppard, M.D.

9:30 a.m. GIRD, GERI, TROM of the Shoulder: Where Are We Now?
Kevin Wilk, D.P.T.
9:10 a.m. Examination of the Shoulder  
James R. Andrews, M.D.  
Neal S. ElAttrache, M.D.  
Anthony Romeo, M.D.

9:50 a.m. **Panel Discussion**  
Moderator: Jeffrey R. Dugas, M.D.  
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.  
Michael Sheppard, M.D.  
Kevin Wilk, P.T., D.P.T., F.A.P.T.A.  
James R. Andrews, M.D.  
Neal S. ElAttrache, M.D.  
Anthony Romeo, M.D.

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

**SESSION II**  
**SHOULDER II**

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

10:25 a.m. Moderator/ Faculty Introductions  
Michael Sheppard, M.D.

10:30 a.m. Biceps Tenodesis in Baseball  
Anthony Romeo, MD

10:50 a.m. Current Concepts: Labral Injuries and Treatments in Baseball 2016  
Neal S. ElAttrache, M.D.

11:10 a.m. Rehabilitation Following SLAP Repair, Biceps Surgery  
Stan Conte, P.T., D.P.T., A.T.C.

11:30 a.m. Neurovascular Compromise in the Throwing Athlete's Shoulder  
Jan Fronek, M.D.

11:50 a.m. Putting It All Together  
James R. Andrews, M.D.
12:10 p.m.  **Panel Discussion**  
Moderator: Michael Sheppard, M.D.  
Anthony Romeo, MD  
Neal S. ElAttrache, M.D.  
Stan Conte, P.T., D.P.T., A.T.,C.  
Jan Froncek, M.D.  
James R. Andrews, M.D.  

12:25 p.m.  **LUNCH**  

**SESSION III**  
**REHABILITATION**  

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

1:25 p.m.  Moderator/Faculty Introductions  
Kevin Wilk, P.T., D.P.T., F.A.P.T.A.  

1:30 p.m.  Techniques to Increase Shoulder Motion: Stretching and Mobilization  

1:50 p.m.  Scapular Muscle Training  
Russ Paine, P.T.  

2:10 p.m.  Rehabilitation of Specific Shoulder Lesions in the Thrower  
Kevin Wilk, P.T., D.P.T., F.A.P.T.A.  

2:30 p.m.  The Rehabilitation of the Thrower with UCL Surgery: Slower or Faster - Which is Better?  
Stan Conte, P.T., D.P.T., A.T.,C.  

2:50 p.m.  Manual Therapy of the Shoulder  
P.E.S., F.A.P.T.A.  

3:10 p.m.  **Panel Discussion**  
Moderator: Kevin Wilk, P.T., D.P.T., F.A.P.T.A.  
Russ Paine, P.T.  
Stan Conte, P.T., D.P.T., A.T.,C.  

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3:25 p.m.  **BREAK**

**SESSION IV**

**STRENGTH & CONDITIONING**

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

3:45 p.m.  Moderator/Faculty Introductions
Michael J. Axe, M.D.

3:50 p.m.  Hamstring Injury Prevention in Major League Baseball
Holly Silvers-Granelli, M.P.T.

4:10 p.m.  Training the Veteran Professional Baseball Player
Brandon McDaniel, C.S.C.S.

4:30 p.m.  Throwing Biomechanics with Weighted Baseballs
Glenn S. Fleisig, Ph.D.

4:50 p.m.  Plyometrics: Do They Work and Which are Best?

5:10 p.m.  **Panel Discussion**
Moderator: Michael J. Axe, M.D.
Holly Silvers-Granelli, M.P.T.
Brandon McDaniel, C.S.C.S.
Glenn S. Fleisig, Ph.D.

5:25 p.m.  **ADJOURN**

6:00 p.m.  **REGISTRANTS’ RECEPTION**
7:00 a.m.  Roundtable Open Discussion

The Rising Incidence of Tommy John Injuries in Baseball: Causes, Prevention, and Treatment
Moderator: Kevin Wilk, P.T., D.P.T., F.A.P.T.A.
James Andrews, M.D.
Stan Conte, P.T., D.P.T., A.T.C.
Ken Crenshaw, A.T.C., C.S.C.S.
Neal ElAttrache, M.D.
Glenn Fleisig, Ph.D.

SESSION V
ELBOW I
Objective: Examine current concepts related to the anatomy, biomechanics, examination and treatment of the elbow

8:00 a.m.  Moderator/Faculty Introductory

8:05 a.m.  VIDEO DEMONSTRATION
Anatomy of the Elbow
Fellow
Fellow

8:25 a.m.  Biomechanics of the Elbow
Alek Diffendaffer, M.S.

8:45 a.m.  Physical Exam of the Elbow
James R. Andrews, M.D.
Neal S. ElAttrache, M.D.

9:05 a.m.  Posterior Elbow Pain - Stress Fracture and Olecranon Osteophyte
Jeffrey R. Dugas, M.D.

9:25 a.m.  Rehabilitation of Medial Elbow Pain (Non-Operative)

9:45 a.m.  Panel Discussion
Moderator:
Alek Diffendaffer, M.S.
James R. Andrews, M.D.
Neal S. ElAttrache, M.D.
Jeffrey R. Dugas, M.D.
SESSION VI
ELBOW II: UCL Injuries

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

10:20 a.m. Moderator/Faculty Introductions

10:25 a.m. State of the Art Treatment of UCL Injuries
Neal S. ElAttrache, M.D.

10:45 a.m. Augmented UCL Repair
Jeffrey R. Dugas, M.D.

11:05 a.m. Rehabilitation Following UCL Surgery – 2016 Update
Kevin E. Wilk, P.T., D.P.T., F.A.P.T.A.

11:25 a.m. Natural History of the Post-UCL Reconstructed Athlete in Professional Baseball
Jan Fronek, M.D.

11:45 a.m. Pitching Biomechanics and Performance after UCL Reconstruction
Glenn S. Fleisig, Ph.D.

12:05 p.m. Long Term Outcomes of UCL Reconstruction: The ASMI Experience
E. Lyle Cain, Jr., M.D.

12:25 p.m. PRP for different grade UCL tears
James Andrews, M.D.

12:45 p.m. Panel Discussion
Moderator:
Neal S. ElAttrache, M.D.
Jeffrey R. Dugas, M.D.
Kevin E. Wilk, P.T., D.P.T., F.A.P.T.A. or other PT
Jan Fronek, M.D.
Glenn S. Fleisig, Ph.D.
E. Lyle Cain, Jr., M.D.
James Andrews, M.D.
1:00 p.m.  **JAMES R. ANDREWS AWARD FOR EXCELLENCE IN BASEBALL SPORTS MEDICINE**

**ASMI CAREER SERVICE AWARD**

1:15 p.m.  **Lunch**

**CONCURRENT SESSION VII - A**

**REHABILITATION**

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

2:15 p.m.  **Moderator / Faculty Introductions**  
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.

2:20 p.m.  **Best Exercises for Enhancing Rotator Cuff Strength**  
Russ Paine, P.T.

2:40 p.m.  **Enhancing Velocity in the Baseball Pitcher**  

3:00 p.m.  **What are the Best Evidence-Based Exercises for the Shoulder?**  
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.

3:20 p.m.  **Rehabilitation for the Shoulder in the College Pitcher**  

3:40 p.m.  **Interval Throwing Program – How to Design and Adjust It**  
Ken Crenshaw, A.T.,C., C.S.C.S.

4:00 p.m.  **Taping for the Shoulder Complex**  
Tim Brown, DC

4:20 p.m.  **Baseball Injury Patterns**  
Stan Conte, P.T., D.P.T., A.T.,C.

4:40 p.m.  **Case Presentations**

5:00 p.m.  **Panel Discussion**  
Moderator: Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.  
Russ Paine, P.T.  
Ken Crenshaw, A.T.,C., C.S.C.S.
Tim Brown, DC
Stan Conte, P.T., D.P.T., A.T.,C.

5:15 p.m.  ADJOURN

CONCURRENT SESSION VII -B
COACHING

Objective:  Discuss the practical aspects of developing a healthy pitcher

2:15 p.m.  Moderator/Faculty Introductions
David Osinski, M.A.

2:20 p.m.  The Major League Delivery
Scott Emerson (Oakland A’s)

2:50 p.m.  Connecting the Dots between Pitching Flaws and UCL Injury
Angel Borrelli, M.A., C.S.C.S.

3:20 p.m.  Pitching Biomechanics and Control
Alek Diffendaffer, M.S.

3:40 p.m.  Biomechanics of Hitting
David Osinski, M.A.

4:10 p.m.  Panel Discussion
Moderator: David Osinski, M.A.
Scott Emerson
Angel Borrelli, M.A., C.S.C.S.
Alek Diffendaffer, M.S.

4:30 p.m.  ADJOURN
SESSION VIII
Youth & High School Baseball

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

8:00 a.m. Moderator/Faculty Introductions

8:05 a.m. Trends in UCL Injuries
Anthony Romeo, M.D.

8:25 a.m. Adolescent Pitching Injuries
Kyle Aune, M.P.H.

8:45 a.m. Youth Baseball: Some Unanswered Questions
Michael Axe, M.D.

9:05 a.m. Physical Conditioning for High School Baseball
Brandon McDaniel, C.S.C.S.

9:25 a.m. PED’s in Amateur and Professional Baseball
Gary Green, M.D.

9:45 a.m. Play Ball and Pitch Smart Programs
Glenn Fleisig, Ph.D.

10:05 a.m. BREAK

SESSION IX
FOOT & ANKLE

Objective: Review current advances in treatment and rehabilitation for foot and ankle injuries

10:20 a.m. Moderator/Faculty Introductions

10:25 a.m. Norman Waldrop, M.D.
10:45 a.m.  ____________________________________________________________
Richard Ferkel, M.D.

11:05 a.m.  ____________________________________________________________

11:25 a.m.  ____________________________________________________________
One of the PTs already on the faculty

11:45 a.m.  **Panel Discussion**
Moderator:
Norman Waldrop, M.D.
Richard Ferkel, M.D.

12:05 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**