

27th Injuries in Baseball Course

January 23 –25, 2009 – Houston, Texas

FRIDAY

January 23, 2009

7:00 a.m. WELCOME

James R. Andrews, M.D.
Kevin E. Wilk, D.P.T.

SESSION I

Moderator: James R. Andrews, M.D.

Objective:

7:05 a.m. Faculty Introduction

James R. Andrews, M.D.

7:10 a.m. LIVE VIDEO DEMONSTRATION

Shoulder Anatomy

Manuj Singhal, M.D.

2 Fellows

7:30 a.m. LIVE VIDEO DEMONSTRATION

Physical Exam of the Shoulder

Neal S. ElAttrache, M.D.

Lonnie Paulos, M.D.

7:50 a.m. Biomechanics of the Shoulder

Glenn S. Fleisig, Ph.D.

8:10 a.m. Diagnostic Studies of the Shoulder: X-Ray, MRI, CT and Ultra Sound

Dave Lintner (Houston Astros MD)

8:30 a.m. Operative Management of Rotator Cuff Pathology in Throwers

Neal S. ElAttrache, M.D.

8:50 a.m. Other Less Common Pathologies in the Throwers Shoulder

Jeffrey R. Dugas, M.D.

9:10 a.m. Rehabilitation of Rotator Cuff Injuries

Michael M. Reinold, P.T., D.P.T., A.T.,C., C.S.C.S.

9:30 a.m. Panel Discussion
Moderator: James R. Andrews, M.D.
Manuj Singhal, M.D.
Neal S. ElAttrache, M.D.
Lonnie Paulos, M.D.
Glenn S. Fleisig, Ph.D.
Dave Lintner (Houston Astros MD)
Jeffrey R. Dugas, M.D.
Michael M. Reinold, P.T., D.P.T., A.T.,C., C.S.C.S.

9:50 a.m. BREAK

SESSION II
SHOULDER Part II

Moderator: Jeffrey R. Dugas, M.D.
Objective:

10:10 a.m. Faculty Introductions

10:15 a.m. Introduction to the Labrum: Anatomy, Pathology and Diagnosis
Walt Lowe, M.D.

10:35 a.m. Injuries to the Labrum
Russ Paine, P.T.

10:55 a.m. Labral Pathology: Operative Management to Include Complete 360 Degree Labral Tears. The Extreme SLAP.
E. Lyle Cain, Jr., M.D.

11:15 a.m. The Loss of Internal Rotation in Throwers: Causes and Treatment. Does This Cause Injury? New Research
Kevin E. Wilk, D.P.T.

11:35 a.m. Capsular Microinstability in Throwers
Lonnie Paulos, M.D.

11:55 a.m. The Batters Shoulder: Post Instability
Jeffrey R. Dugas, M.D.

12:15 p.m. Biceps Tendon Injuries in the Thrower
Walt Lowe, M.D.

12:35 p.m. Putting It All Together: What I Have Learned About the Throwing Shoulder in the Last 35 Years.
James R. Andrews, M.D.

12:55 p.m. Panel Discussion
Moderator: Jeffrey R. Dugas, M.D.
Walt Lowe, M.D.
Russ Paine, PT
E. Lyle Cain, Jr., M.D.
Kevin E. Wilk, D.P.T.
Lonnie Paulos, M.D.
James R. Andrews, M.D.

1:15 p.m. LUNCH

**SESSION III
REHABILITATION**

Moderator: Kevin E. Wilk, D.P.T.
Objective:

2:15 p.m. Faculty Introductions
Kevin E. Wilk, D.P.T.

2:20 p.m. Scapular Training, Strengthening and Muscular Education Techniques
Russ Paine, P.T.

2:40 p.m. Techniques to Keep the Pitchers Healthier Through the Season
Jamie Reed, M.S., A.T.,C.

3:00 p.m. Dynamic Stabilization Exercises for the Upper Extremity in Throwers
Kevin E. Wilk, D.P.T.

3:20 p.m. Dynamic Reactive Exercises for the Shoulder
Ken Crenshaw, A.T.,C., C.S.C.S.

3:40 p.m. Changes in Strength ROM Over the Course of the Season: Efficacy of Stretching and Strengthening
Michael M. Reinold, P.T., D.P.T., A.T.,C., C.S.C.S.

4:00 p.m. Hamstring Injuries in Baseball Players: Recognition and Treatment
Bob Mangine, M.Ed., P.T., A.T.,C.

4:20 p.m. Special Rehab Considerations for the Windmill Pitcher

Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A.

4:40 p.m. BREAK

**SESSION IV
CONDITIONING and TRAINING**

Moderator Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.

Objective:

5:00 p.m. Faculty Introductions

5:05 p.m. Plyometrics to Enhance Baseball Performance
Russell Orr, M.S., A.T.,C., C.S.C.S., L.M.T.

5:25 p.m. TBA

5:45 p.m. In Season Conditioning to Maximize Performance
Nathan Shaw, A.T.,C., C.S.C.S.

6:05 p.m. Advance (Complex) Periodization
Javair Gillett, C.S.C.S.

6:25 p.m. Protecting the Starting Pitcher
Perry Castellano, C.S.C.S. - R

6:45 p.m. More Core Training Drills
Russell Orr, M.S., A.T.,C., C.S.C.S., L.M.T.

7:05 p.m. Panel Discussion
Moderator: Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.
Russell Orr, M.S., A.T.,C., C.S.C.S., L.M.T.
Nathan Shaw, A.T.,C., C.S.C.S.
Javair Gillett, C.S.C.S.
Perry Castellano, C.S.C.S. - R

7:25 p.m. Adjourn

7:25 p.m. REGISTRANT'S RECEPTION

SATURDAY
January 24, 2009

SESSION V
ELBOW I

Moderator: William G. Clancy, Jr., M.D.
Objective:

8:00 a.m. Faculty Introductions
William G. Clancy, Jr., M.D.

8:05 a.m. **LIVE VIDEO DEMONSTRATION**
Anatomy of the Elbow
Tom Gill, M.D. (Red Sox)+ 2 fellows (current)

8:25 a.m. **Biomechanics of the Elbow**
Dave Fortenbaugh, M.S.

8:45 a.m. **LIVE VIDEO DEMONSTRATION**
Physical Exam of the Thrower's Elbow
Walt Lowe, Keith Meister?

9:05 a.m. **Valgus Extension Overload: Pathophysiology and treatment of Posterior problems in the thrower's elbow**
Keith Meister, M.D.

9:25 a.m. **Non-Operative Treatment of Specific Elbow Pathologies**
Lenny Macrina, MS, PT, SCS

9:45 a.m. **BREAK**

SESSION VI
ELBOW II

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

10:05 a.m. Faculty Introductions
E. Lyle Cain, Jr., M.D.

10:10 a.m. **Diagnosis of Medial Elbow Pain in the Throwing Athlete**
J.P. Bramhall, M.D.

10:30 a.m. **Rehabilitation for the Painful In-season Thrower's Elbow**

Ken Crenshaw, A.T.,C., C.S.C.S.

10:50 a.m. The Tommy John Injury Epidemic: Risk Factors and Outcome with Reconstruction

E. Lyle Cain, Jr., MD

11:10 a.m. Rehabilitation Following UCL Surgery

Kevin E. Wilk, D.P.T.

11:30 a.m. UCL Reconstruction in Patients with Intraligamentous Bony Pathology

Jeffrey R. Dugas, M.D.

11:50 a.m. Newer Alternative Techniques for UCL Reconstruction

Neal S. ElAttrache, M.D.

12:10 p.m. Rehabilitation Following UCL Surgery

Kevin E. Wilk, D.P.T.

12:30 p.m. Panel Discussion and Case Presentations

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

J.P. Bramhall, M.D.

Ken Crenshaw, A.T.,C., C.S.C.S.

Kevin E. Wilk, D.P.T.

Jeffrey R. Dugas, M.D.

Neal S. ElAttrache, M.D.

**12:50 p.m. BASEBALL EXCELLENCE AWARD:
James R. Andrews Award for Excellence**

CAREER SERVICE AWARD:

1:00 p.m. Lunch

**SESSION VII
MEDICAL CONSIDERATIONS**

Moderator: José O. Ortega, M.D.

Objective:

2:00 p.m. Faculty Introductions

2:05 p.m. Smokeless Tobacco Update
John F. Wisniewski, D.M.D., M.S.

2:25 p.m. Hydration and Possible Dangers of “Energy Drinks”
TBA

2:45 p.m. What You Need to Know About Lasiks Eye Surgery
TBA

3:05 p.m. Developing an Emergency Action Plan
Tracy R. Ray, M.D.

3:25 p.m. Baseball Voodoo
Craig Young, M.D.

3:45 p.m. Panel Discussion
Moderator: José O. Ortega, M.D.
John F. Wisniewski, D.M.D., M.S.
Tracy R. Ray, M.D.
Craig Young, M.D.

4:05 p.m. BREAK

**SESSION VIII
YOUTH BASEBALL INJURIES**

Moderator: Michael J. Axe, M.D.

Objective:

- 4:25 p.m. Faculty Introductions**
- 4:30 p.m. Common Biomechanical Faults of Adolescent Pitchers**
Becky Bolt, M.S.
- 4:50 p.m. The Epidemic and Overview of Throwing Arm Injuries in Youth Baseball**
Tom Gill, M.D.
- 5:10 p.m. Guidelines for Strengthening and Stretching Exercises for the Adolescent Thrower**
Michael M. Reinold, P.T., D.P.T., A.T.,C., C.S.C.S.
- 5:30 p.m. Four Week Training Program for Adolescent Baseball Players**
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.
- 5:50 p.m. Practice Makes Perfect: Athletic Development Practice On-The Field**
Javair Gillett, C.S.C.S.
- 6:10 p.m. Youth Health and Performance: There's Gotta Be a Better Way**
Tom House, Ph.D.
- 6:30 p.m. TBA**
Michael J. Axe, , M.D.
- 6:50 p.m. Throwing Guidelines for Youth Baseball Players: Scientific Data**
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A.

7:10 p.m. Panel Discussion
Moderator: Michael J. Axe, M.D.
James R. Andrews, M.D.(added to panel)
Glenn S. Fleisig, Ph.D.(added to panel)
Becky Bolt, M.S.
Tom Gill, M.D.
Michael M. Reinold, P.T., D.P.T., A.T.,C., C.S.C.S.
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.
Javair Gillett, C.S.C.S.
Tom House, Ph.D.
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A.

7:30 p.m. Adjourn

SUNDAY
January 25, 2009

7:00 a.m. Roundtable Discussion
Injuries in Baseball: Concepts to Prevent Injuries and New Treatment Ideas
Moderator: Kevin E. Wilk, D.P.T
Michael M. Reinold, P.T., D.P.T., A.T.,C., C.S.C.S.
Russ Paine, P.T.
Ken Crenshaw, A.T.,C., C.S.C.S.
Robert E. Mangine, M.Ed., P.T., A.T.,C.
Nathan Shaw, A.T.,C., C.S.C.S.
David Donatucci, M.Ed., C.S.C.S.

SESSION IX
LOWER EXTREMITY

Moderator: William G. Clancy, Jr., M.D.

Objective:

8:00 a.m. Faculty Introductions

8:05 a.m. Preventing and Dealing with Knee Injuries in Catchers
William G. Clancy, Jr., M.D.

8:25 a.m. Rehab Following ACL Injury and Surgery Guidelines
Russ Paine, P.T.

8:45 a.m. Squat and Lunge Exercises for Knee Rehabilitation
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.

9:05 a.m. Panel Discussion
Moderator: William G. Clancy, Jr., M.D
Russ Paine, P.T.
Rafael Escamilla, Ph.D., P.T., C.S.C.S., F.A.C.S.M.

9:25 p.m. BREAK

SESSION X
PITCHING BIOMECHANICS

Moderator: Glenn S. Fleisig, Ph.D.
Objective:

9:45 a.m. Faculty Introductions
Glenn S. Fleisig, Ph.D.

9:50 a.m. How Trunk Motion and Arm Slot Affect Arm Torque
Arnel Aguinaldo, M.S, A.T.,C.

10:10 a.m. Biomechanics of the Lower Extremities During Pitching
David Stodden, Ph.D., C.S.C.S.

10:30 a.m. Common Mechanical Traits of Power Pitchers
Bill Thurston

10:50 a.m. Do Biomechanical Evaluations Help? Clinical Outcome for 100 Pitchers
Glenn S. Fleisig, Ph.D.

11:10 a.m. TBA
Rick Peterson

11:30 a.m. Panel Discussion
Moderator: Glenn S. Fleisig, Ph.D.
Arnel Aguinaldo, M.S., A.T.,C.
David Stodden, Ph.D., C.S.C.S.
Bill Thurston
Rick Peterson

11:50 a.m. Breakout Instructions and Charimen's Conclusion

11:55 a.m. Break

**SESSION XI- A
PRIMARY CARE SPORTS MEDICINE**

Moderator: Tracy R. Ray, M.D.

Objective:

12:15 p.m. Faculty Introductions

12:20 p.m. Pregame Meal Planning
Local Nutritionist

12:40 p.m. Practical Approach to Dermatology
David Braunreiter, M.D.

1:00 p.m. Headaches
Craig Young, M.D. or José O. Ortega, M.D.

1:20 p.m. Managing Seasonal Allergies and Asthma
Craig Young, M.D. or José O. Ortega, M.D.

1:40 p.m. Panel Discussion
Moderator: Tracy R. Ray, M.D
David Braunreiter, M.D.

2:00 ADJOURN

**SESSION XI- B
REHABILITATION and TRAINING**

Moderator:
Objective:

- 12:15 p.m. Faculty Introductions**
Michael M. Reinold, P.T., D.P.T., A.T.,C., C.S.C.S.
- 12:20 p.m. Core Function and Training Techniques**
Ken Crenshaw, A.T.,C., C.S.C.S.
- 12:40 p.m. Core Training Techniques: Part II**
Nathan Shaw, A.T.,C., C.S.C.S.
- 1:00 p.m. Techniques to Enhance Neuromuscular Control for the Lower Extremity – Knee and Ankle**
Lynn Snyder-Mackler, Sc.D., P.T., F.A.P.T.A.
- 1:20 p.m. High Ankle Sprain Management**
Bob Mangine, M.Ed., P.T., A.T.,C.
- 1:40 p.m. Techniques to Improve Shoulder Motion**
Russ Paine, P.T
- 2:00 p.m. Techniques to Measure Shoulder ROM: Which One is Best?**
Leonard C. Macrina, P.T., C.S.C.S.
- 2:20 p.m. Training the Hip and Pelvis for Explosive Power in Baseball**
Todd Hooks
- 2:40 p.m. TBA**
- 3:00 p.m. New Concepts and Techniques for Stretching**
Mike Ryan, A.T.,C., C.S.C.S.
- 3:20 p.m. Explosive Speed and Strength Training**
Robert E. Mangine, M.Ed., P.T., A.T.,C.
- 3:40 p.m. ADJOURN**

SESSION XI -C
THE SCIENCE OF COACHING

Moderator: E. David Osinski, M.A.
Objective:

- 12:15 p.m. Faculty Introductions**
- 12:20 p.m. Arm Care for the Youth Pitcher**
Ron Wolforth
- 12:50 p.m. TBA**
Dick Mills
- 1:20 p.m. TBA**
Rick Peterson
- 1:50 p.m. TBA**
E. David Osinski, M.A.
- 2:20 p.m. Building an Efficient Motion: How to Get the Most Out of Your Body**
Bill Thurston
- 2:50 p.m. Panel Discussion**
Moderator: E. David Osinski, M.A.
Ron Wolforth
Dick Mills
Rick Peterson
- 3:20 p.m. ADJOURN**