

3RD ANNUAL

BASEBALL

SPORTS MEDICINE

GAME-CHANGING CONCEPTS

NOVEMBER 15-16, 2018
MARRIOTT MARQUIS HOTEL • NEW YORK, NY

**NEW
LOCATION!**

COURSE DIRECTORS

Christopher S. Ahmad, MD
Head Team Physician
New York Yankees
New York, NY

Anthony A. Romeo, MD
Chief of Orthopaedics
Rothman Institute
New York, NY

Approved for
15 EBP credits
from



PROVIDED BY



fore
FOUNDATION for ORTHOPAEDIC
RESEARCH and EDUCATION

"It was a tremendous experience. There's a great mix of orthopaedic surgeons, key opinion leaders, physical therapists, and trainers."

"From a sports fellow perspective, this is certainly the BEST meeting that I've been to. I will definitely be coming back next year as a junior attending."

"If you're looking for a sports medicine conference, look no further. The content, faculty and staff are fabulous. The venue is beyond expectations."



COURSE DIRECTORS



Christopher S. Ahmad, MD

Head Team Physician, New York Yankees

Chief, Sports Medicine Service

Co-Director, Center for Shoulder, Elbow, and Sports Medicine

Director, Pediatric and Adolescent Sports Medicine, Biomechanics Research

Vice Chair of Clinical Research

Professor of Orthopaedic Surgery

Columbia University Medical Center

New York, NY



Anthony A. Romeo, MD

Chief of Orthopaedics

Rothman Institute

New York, NY

KEYNOTE SPEAKER



Hiroyuki Sugaya, MD

Chairman, Sports Medicine & Joint Center

Funabashi Orthopaedic Hospital

Funabashi, Japan

FACULTY

David Altchek, MD

Medical Director

New York Mets

Attending Orthopedic Surgeon

Co-Chief Emeritus in the Sports Medicine & Shoulder Service

Hospital for Special Surgery

New York, NY

Peter N. Chalmers, MD

Team Physician

Salt Lake Bees, Minor League

University of Utah

Salt Lake City, UT

Joseph Ciccone, PT, DPT

Associate Director

Columbia Orthopaedic Sports Medicine

Columbia University

New York, NY

Michael G. Ciccotti, MD

Director, Sports Medicine Team

Rothman Institute

Professor, Orthopaedic Surgery

Chief of Sports Medicine

Director, Sports Medicine Fellowship

Thomas Jefferson University

Head Team Physician

Philadelphia Phillies

St. Joseph's University

Philadelphia, PA

David Colvin, DPT

Physical Therapist, Player Development

New York Yankees

New York, NY

Steve Donohue, ATC

Head Athletic Trainer

New York Yankees

New York, NY

Jeffrey R. Dugas, MD

Orthopaedic Surgeon & Sports Medicine Specialist

Andrews Sports Medicine

Birmingham, AL

Lee D. Kaplan, MD

Chief of UHealth Sports Medicine Division

Professor of Orthopaedics

Medical Director & Team Physician

Miami Marlins

Miami, FL

T. Sean Lynch, MD

Assistant Professor of Orthopedic Surgery

Columbia University Medical Center

Assistant Attending Physician

New York-Presbyterian Hospital

Team Physician, Fordham University Athletics

New York, NY

Thomas Noonan, MD

Head Team Physician

Colorado Rockies

Assistant Professor of Orthopedic Surgery

University of Colorado

Steadman Hawkins Clinic

Denver, CO

George Paletta, Jr., MD

Orthopaedic Surgeon

Orthopedic Center of St. Louis

St. Louis, MO

Hollis Potter, MD

Chairman, Dept. of Radiology & Imaging

The Coleman Chair, MRI Research

Professor of Radiology

Weill Medical College of Cornell University

New York, NY

Melvin Rosenwasser, MD

Robert E. Carroll Professor of Hand Surgery

Columbia University Medical Center

Attending Physician

Director, Trauma Training Center

Director, Hand Fellowship

New York-Presbyterian Hospital

New York, NY

Mark Schickendantz, MD

Head Team Physician

Cleveland Indians

Cleveland Clinic Sports Health Center

Cleveland, OH

Michael Schuk, ATC

Assistant Athletic Trainer

New York Yankees

New York, NY

Steven S. Shin, MD

Head Team Physician

Los Angeles Dodgers

Director of Hand Surgery

Kerlan-Jobe Orthopaedic Clinic

Los Angeles, CA

David Whiteside, PhD

Principal Sport Scientist

New York Yankees

New York, NY

Kevin E. Wilk, PT, DPT

Associate Clinical Director

Champion Sports Medicine

Director, Rehabilitative Research

Birmingham, AL

Adrian J. Yenchak, PT, DPT, CSCS

Director of Sports Therapy

Department of Orthopaedic Surgery

Columbia Medical Center

Instructor of Clinical Rehabilitation and Regenerative Medicine

Columbia University College of Physicians and Surgeons

New York, NY

Mark P. Zoland, MD, FACS

General and Laparoscopic Surgeons

New York, NY

COURSE DESCRIPTION

Through didactic presentations and case-based discussions, our expert faculty will help you navigate the key issues in managing the baseball athlete. They'll offer practical solutions based on their experience to help you deal with shoulder, elbow, core, hip, and foot and ankle injuries. Plus, they'll be available throughout the meeting to answer all your questions.

COURSE OBJECTIVES

Upon completion of this course, learners will be able to:

- **Analyze** epidemiological trends in baseball injuries for professional, collegiate, and youth baseball players
- **Integrate** prevention strategies with their health care team(s) to improve musculoskeletal and medical health for baseball players
- **Assess** and apply surgical and non-surgical treatment recommendations and rehabilitation protocols for the management of essential musculoskeletal and medical conditions in baseball

TARGET AUDIENCE

This conference is designed for any orthopaedic surgeon, physician, athletic trainer, physical therapist, strength and conditioning expert, or coach concerned with the management or prevention of injuries to the baseball athlete.

ACCREDITATION

PHYSICIANS: The Foundation for Orthopaedic Research and Education (FORE) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

FORE designates this live activity for a maximum of 16.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



ATHLETIC TRAINERS: Foundation for Orthopaedic Research and Education (FORE) (BOC AP# P3115) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 15 EBP Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

REGISTRATION OPTIONS

1 | Online: ForeOnline.org

2 | Phone: 813-877-8096

On or Before 10/15/2018

After 10/15/2018

Physicians	\$600.00	\$700.00
Fellows, PT's, AT's & Other Healthcare Professionals	\$350.00	\$450.00

Registration fee includes course materials, breaks, breakfasts, and lunches for the participant only.

A confirmation email will be sent to you immediately after your registration has been submitted.

Please contact the CME Office if you do not receive a confirmation email.

COURSE LOCATION & ACCOMMODATIONS

New York Marriott Marquis

1535 Broadway,

New York, NY 10036

Tel: (212) 398-1900

A block of rooms has been reserved at the New York Marriott Marquis at the rate of \$329.00 per night plus taxes and hotel fees. To receive the group rate, reservations must be made on or before Wednesday, October 24, 2018.

DISABILITIES

Please notify the Continuing Medical Education Office, 4115 West Spruce Street, Tampa, FL 33607 or call 813-877-8096 a minimum of ten working days in advance of the event if a reasonable accommodation for a disability is needed. Events, activities and facilities of Foundation for Orthopaedic Research and Education are available without regard to race, color, sex, national origin, disability, age or veteran status as provided by the law and in accordance with FORE's respect for personal dignity.

REFUND POLICY

Cancellation notification must be in writing (email CME@FOREonline.org) and received by the close of business on Monday, October 15, 2018. A cancellation fee of \$50 will be assessed. Cancellations received after Monday, October 15, 2018 will not receive a refund. No-shows will not receive a refund.

FORE reserves the right to cancel this program due to unforeseen circumstances, in which case a full refund of registration fees will be given to participants. FORE will not be responsible for travel expenses incurred by the participant in the unlikely event that the program is cancelled.

AGENDA (Subject to Change)

THURSDAY, NOVEMBER 15, 2018

7:30 AM REGISTRATION & BREAKFAST

SESSION I: SHOUDLER INJURIES		MODERATOR: ANTHONY A. ROMEO, MD
7:50 AM	Welcome	Christopher S. Ahmad, MD & Anthony A. Romeo, MD
8:00 AM	Shoulder Anatomy Cadaver Video Demonstration	Christopher S. Ahmad, MD
8:10 AM	Shoulder Throwing Biomechanics	Peter N. Chalmers, MD
8:15 AM	Physical Examination of the Shoulder (Live Demonstration)	Anthony A. Romeo, MD
8:30 AM	MRI and Baseball Shoulder Injuries	Hollis Potter, MD
8:40 AM	Biceps Tendon and SLAP tear CASE based discussion	Michael G. Ciccotti, MD
8:50 AM	Management of Rotator Cuff Tears	Thomas Noonan, MD
9:00 AM	Glenoid OCD in Baseball Pitchers	Christopher S. Ahmad, MD
9:30 AM	Glenohumeral Capsule Tears in Baseball Pitchers	David Altchek, MD
9:50 AM	Latissimus Injuries in Pitchers	Mark Schickendantz, MD

10:00 AM BREAK

10:30 AM	Sports Medicine Specialist Approach to Thoracic Outlet	George Paletta, MD
10:45 AM	Hand Injuries	Stephen Shin, MD
11:00 AM	Case Presentations and Panel Discussion with Q&A	Moderator: Anthony A. Romeo, MD
12:00 PM	KEYNOTE SPEAKER The Japanese Perspective on Baseball Shoulder Injuries	Hiroyuki Sugaya, MD

12:30 PM LUNCH BREAK

SESSION II: SHOULDER REHABILITATION		MODERATOR: KEVIN E. WILK, PT, DPT, FAPT
1:30 PM	Preparing Pitchers for Their Start	Steve Donohue, ATC
1:40 PM	Functional Assessment Criteria for Initiation of Throwing	Adrian J. Yenchak, DPT, CSCS
1:50 PM	Major League Soft Tissue Modalities	Michael S. Schuk, PT, ATC
2:00 PM	Preseason and in Season Baseball Specific Workouts	Kevin E. Wilk, PT, DPT, FAPT
2:30 PM	Case Presentations and Panel Discussion with Q&A	Moderator: Mark Schickendantz, MD

3:30 PM BREAK

SESSION III: COACHES CORNER & SPORTS SCIENCE		MODERATOR: JEFFREY R. DUGAS, MD
4:00 PM	What is Performance Science?	Lee Kaplan, MD
4:15 PM	What I Look for When I Believe a Pitcher Has a Health Issue	Coach Danny Borrell
4:30 PM	What I Look for in Pitcher Video Analysis	David Whiteside, PhD
4:40 PM	Concepts in Workload Monitoring	David Whiteside, PhD
4:40 PM	Panel Discussion with Q&A	Moderator: Jeffrey Dugas, MD

5:45 PM ADJOURN TO WELCOME RECEPTION

FRIDAY, NOVEMBER 16, 2018

7:30 AM BREAKFAST & REGISTRATION

SESSION V: ELBOW INJURIES

MODERATOR: CHRISTOPHER S. AHMAD, MD

8:00 AM	Elbow Anatomy Cadaver Video Demonstration	Christopher S. Ahmad, MD
8:10 AM	Physical Exam of the Elbow (live video demonstration)	Thomas Noonan, MD, Anthony A. Romeo, MD & David Altchek, MD
8:20 AM	MRI of Elbow Baseball Injuries	Hollis Potter, MD
8:30 AM	Valgus Extension Overload	David Altchek, MD
8:40 AM	Ulnar Nerve Issues	Jeffrey R. Dugas, MD
8:50 AM	Flexor Pronator Strain, Epicondylitis, and Avulsion	Lee Kaplan, MD
9:00 AM	Panel Discussion with Q&A	
9:20 AM	UCL Injury Epidemic, Causes, and Prevention	Peter Chalmers, MD
9:30 AM	Partial Tears and Non-op Treatment of UCL Tears	Tom Noonan, MD
9:40 AM	Augmented UCL Repair	Jeffrey R. Dugas, MD
9:50 AM	UCL Reconstruction: Technical Variations	Christopher S. Ahmad, MD

10:00 AM BREAK

10:20 AM	Rehabilitation and Throwing Programs Following UCL Surgery	David Colvin, DPT
10:35 AM	Outcomes of UCL Reconstruction	Anthony A. Romeo, MD
10:45 AM	Pitching Flaws and UCL Injury	Peter Chalmers, MD
10:55 AM	Revision UCL Reconstruction	George Paletta, MD
11:15 AM	Case Presentations and Panel Discussion with Q&A	Moderator: Christopher S. Ahmad, MD

12:30 PM LUNCH BREAK

SESSION III: HIP & FINGER TIP

MODERATOR: T. SEAN LYNCH, MD

1:30 PM	Wrist Injuries	Melvin Rosenwasser, MD
1:45 PM	Hip FAI and Core Muscle Deficiency Diagnosis and Treatment	T. Sean Lynch, MD
2:00 PM	Core Muscle Injury	Mark Zoland, MD
2:15 PM	Kinetic Chain and Core Strength Functional Assessments	Joe Ciccone, DPT
2:30 PM	Case Presentations and Panel Discussion with Q&A	Moderator: T Sean Lynch, MD

3:00 PM BREAK

SESSION IV: ADOLESCENT ISSUES AND BIOLOGICS

MODERATOR: LEE KAPLAN, MD

3:30 PM	Adolescent Pitching Mechanics and Pitch Counts	Peter Chalmers, MD
3:45 PM	Baseball Specialization and Injury Prevention in Youth Baseball	Christopher S. Ahmad, MD
4:00 PM	Special Considerations for the Collegiate Baseball Player	George Paletta, MD
4:15 PM	New Approaches to Injury; Baseball Injury Prevention from Japan	Hiroyuki Sugaya, MD
4:40 PM	Case Presentations and Panel Discussion with Q&A	Moderator: Christopher Ahmad, MD

5:10 PM COURSE ADJOURNS

3RD ANNUAL

BASEBALL SPORTS MEDICINE

GAME-CHANGING CONCEPTS

NOVEMBER 15-16, 2018

MARRIOTT MARQUIS HOTEL • NEW YORK, NY

**NEW
LOCATION!**

PROVIDED BY



fore
FOUNDATION FOR ORTHOPAEDIC
RESEARCH AND EDUCATION



fore
FOUNDATION FOR ORTHOPAEDIC
RESEARCH AND EDUCATION

Foundation for Orthopaedic Research and Education
4115 W. Spruce Street • Tampa, FL 33607
813-877-8096 • FOREonline.org

NON-PROFIT ORG
U.S. POSTAGE
PAID
TAMPA, FL
PERMIT NO. 3265

Get social with us!



[/foreonline](https://www.facebook.com/foreonline)



[@FOREonline](https://twitter.com/FOREonline)

[#BaseballMedicine](https://twitter.com/FOREonline)