

Baseball Sports Medicine: Game Changing Concepts
November 3-4, 2016
Agenda at a Glance

THURSDAY, November 3, 2016	
7:30-8:30 AM	Registration & Breakfast
8:00 AM	Welcome Remarks
SESSION I: Shoulder Injuries	
8:05 AM	Shoulder Anatomy and Biomechanics
8:30 AM	Physical Examination of the Shoulder
8:50 AM	The Batters Shoulder and Posterior Labral Tears
9:00 AM	Traumatic Shoulder Instability
9:10 AM	Shoulder Internal Impingement
9:20 AM	GIRD and TROM of the Shoulder
9:30 AM	Scapulothoracic Problems in Athletes
9:40 AM	Management of Labral Tears
9:50 AM	Biceps Tendon in Throwers
10:00 AM	Management of Rotator Cuff Tears
10:10 AM	Coffee Break/Exhibitors
10:30 AM	Neurovascular Problems in the Throwing Athlete's Shoulder
10:45 AM	Case Presentations & Panel Discussion
12:00 PM	Guest Lecturer
12:30 PM	Lunch
SESSION II: Shoulder Rehabilitation	
1:30 PM	Techniques to Increase Shoulder Motion: Stretching and Mobilization
1:40 PM	Scapular Muscle Training
1:50 PM	Taping for the Shoulder Complex
2:00 PM	Rehabilitation of Specific Shoulder Injuries in the Thrower
2:30 PM	Case Presentations & Panel Discussion
3:25 PM	Coffee Break/Exhibitors
SESSION III: Strength & Conditioning	
3:45 PM	Core Muscle/Trunk Strengthening and Activation
4:00 PM	Hamstring, Groin, and Calf Strain Injury Prevention
4:15 PM	Periodization and When and How to get the Workouts Done
4:30 PM	Weighted Balls and Long Toss
4:40 PM	Off season and in Season Strength and Conditioning Considerations
5:10 PM	Case Presentations & Panel Discussion
5:30 PM	Adjourn to Reception
6:00 PM	Welcome Reception

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FRIDAY, November 4, 2016	
7:30-8:30 AM	Breakfast
SESSION IV: Elbow Injuries	
8:00 AM	Anatomy and Biomechanics of the Elbow
8:20 AM	Physical Exam of the Elbow
8:40 AM	Stress Reactions: How to Best Treat Them
8:50 AM	Posterior Elbow Pain - Stress Fracture and Valgus Extension Overload
9:00 AM	Ulnar Nerve Issues
9:15 AM	Flexor Pronator Strain, Epicondylitis, and Avulsion
9:25 AM	UCL Injury Epidemic
9:35 AM	Non-op Treatment of UCL Tears
9:45 AM	Augmented UCL Repair
10:00 AM	UCL Reconstruction: Technical Variations
10:30 AM	Rehabilitation Following UCL Surgery
11:00 AM	Outcomes of UCL Reconstruction
11:15 AM	Pitching Flaws and UCL Injury
11:30 AM	Capitellar OCD
11:50 AM	Case Presentations and Panel Discussion on Prevention of UCL Injuries
12:30 PM	Lunch
SESSION V: Spine & Hip	
1:30 PM	Common Baseball Spine Injuries
2:00 PM	Rehab and Prevention of Spine Injuries
2:30 PM	Hip FAI and Core Muscle Deficiency Diagnosis and Treatment
2:50 PM	Core Muscle Injury Prevention
3:00 PM	Case Presentations & Panel Discussion
SESSION V: Hand, Foot & Ankle	
3:30 PM	New Concepts for Common Baseball Hand Injuries
4:00 PM	New Concepts for Common Baseball Foot and Ankle Injuries
4:30 PM	Course Adjourns