

THURSDAY, NOVEMBER 16, 2017

7:00 AM	REGISTRATION & BREAKFAST	
8:00 AM	Session 1: Shoulder Injuries	Anthony A. Romeo, MD
8:00 AM	Welcome	Christopher S. Ahmad, MD
8:05 AM	Shoulder Anatomy and Biomechanics	Nikhil Verma, MD
8:15 AM	Physical Examination of the Shoulder	Christopher S. Ahmad, MD
8:30 AM	MRI and Ultrasound use in Baseball Shoulder Injuries	Michael Ciccotti, MD
8:40 AM	AC Sprains in Baseball	Mark Schickendantz
8:50 AM	Traumatic Shoulder Instability in Position Players	Anthony A. Romeo, MD
9:00 AM	Shoulder Internal Impingement Concepts	Kevin Wilk, DPT
9:30 AM	Management of SLAP Tears and the Biceps Tendon in Throwers	Michael Ciccotti, MD
9:50 AM	Management of Rotator Cuff Tears	Neal ElAttrache, MD
10:00 AM	BREAK	
10:30 AM	Neurovascular Problems in the Throwing Athlete's Shoulder	Anthony A. Romeo, MD
10:35 AM	Case Presentations and Panel Discussion	Anthony A. Romeo, MD
12:00 PM	Guest Lecture	Jeffrey Passan
12:30 PM	LUNCH BREAK	
1:30 PM	SESSION 2: Shoulder Rehabilitation	Kevin Wilk, DPT
1:30 PM	Preparing Pitchers for their Start	Steve Donohue
1:40 PM	Scapular Muscle Training	AJ Yencheck, ATC
1:50 PM	Taping, Cupping, and Blood Flow Restriction for the Shoulder Complex	Michael Shuk
2:00 PM	Rehabilitation of Specific Shoulder Injuries in the Thrower	Kevin Wilk, DPT
2:30 PM	Case Challenges and Panel Discussion	Michael Ciccotti, MD
3:30 PM	BREAK	
3:45 PM	SESSION 3: Strength & Conditioning	Nikhil Verma, MD
3:45 PM	Core Muscle/Trunk Strengthening and Muscle Activation	Joe Ciccone. DPT
4:00 PM	Periodization and When and How to get Strength Workouts Done During the Season	Matt Krause
4:15 PM	Weighted Balls and Long Toss Debate	Steve Donohue
4:45 PM	Panel Discussion	Nikhil Verma, MD
5:40 PM	ADJOURN and RECEPTION	

FRIDAY, NOVEMBER 17, 2017

7:30 AM	BREAKFAST	
8:00 AM	SESSION 4: Elbow Injuries	Christopher S. Ahmad, MD
8:00 AM	Anatomy and Biomechanics of the Elbow	Nikhil Verma, MD
8:10 AM	Physical Exam of the Elbow (video demonstration)	Christopher S. Ahmad, MD
8:20 AM	MRI and ultrasound of the Elbow	Michael Ciccotti, MD
8:30 AM	Elbow Stress Reactions: How to Best Treat Them	Lee Kaplan, MD
8:40 AM	Posterior Elbow Pain - Stress Fracture and Valgus Extension Overload	Mark Schickendantz
8:50 AM	Ulnar Nerve Issues	Jeff Dugas, MD
9:00 AM	Flexor Pronator Strain, Epicondylitis, and Avulsion	Lee Kaplan, MD
9:10 AM	UCL Injury Epidemic, Causes, and Prevention	Peter Chalmers, MD
9:20 AM	Partial Tears and Non-op Treatment of UCL Tears	Mark Schickendantz
9:30 AM	Augmented UCL Repair	Jeff Dugas, MD
9:40 AM	UCL Reconstruction: Technical Variations	Anthony A. Romeo, MD
10:00 AM	BREAK	
10:30 AM	Rehabilitation and Throwing Programs Following UCL Surgery	Kevin Wilk, DPT
10:50 AM	Outcomes of UCL Reconstruction	Michael Ciccotti, MD
11:00 AM	Pitching Flaws and UCL Injury	Nikhil Verma, MD
11:10 AM	Revision UCL Reconstruction	Christopher S. Ahmad, MD
12:00 PM	Guest Lecture	Joe Torre
12:15 PM	LUNCH BREAK	
1:15 PM	SESSION 6: Hip, Core, Foot and Ankle	Sean T. Lynch, MD
1:15 PM	Core Muscle and Oblique Injury Prevention	AJ Yencheck, ATC
1:35 PM	Hip FAI and Core Muscle Deficiency Diagnosis and Treatment	Sean T. Lynch, MD
2:05 PM	Baseball Foot and Ankle Injuries	Robert Anderson, MD
2:35 PM	Case Presentations and Panel Discussion Q&A	Sean T. Lynch, MD
3:15 PM	SESSION 7: Adolescent Issues	
3:15 PM	Adolescent Pitching Mechanics and Pitch Counts	Peter Chalmers, MD
3:30 PM	Baseball Specialization and Injury Prevention in Youth Baseball	Kevin Wilk, DPT
3:45 PM	Little Leaguers Elbow and Medial Epicondyle Apophyseal Avulsion	Christopher S. Ahmad, MD
3:55 PM	Elbow Capitellar OCD	Anthony A. Romeo, MD
4:10 PM	Special Considerations for the Collegiate Baseball Player	Lee Kaplan, MD
4:25 PM	Case Presentations and Panel Discussion Q&A	Christopher S. Ahmad, MD
4:55 PM	COURSE ADJOURN	