



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 Panel: Christopher S. Ahmad, MD Mark Schickendantz, MD Michael Ciccotti, MD Kevin Wilk, PT Thomas Noonan, MD David Altchek, MD George Paletta, 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 Panel: Michael S. Schuk, PT, ATC Kevin E. Wilk, PT, DPT, FAPT Adrian J. Yenchak, DPT, CSCS Joseph Ciccone, MD Steve Donohue, ATC

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
4:40 PM Panel Discussion with Q&A

David Whiteside, PhD
Moderator: Jeffrey Dugas, MD
Panel: Kevin Wilk, DPT
Lee Kaplan, MD
Mark Schickendantz, MD
Michael Ciccotti, MD
David Whiteside, PhD

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 Panel: Mark Schickendantz, MD Michael Ciccotti, MD George Paletta, MD Anthony Romeo, MD Jeff Dugas, MD Tom Noonan, MD David Altchek, DPT

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 Panel: Kevin Wilk, DPT AJ Yenchak, MD Joe Ciccone, MD Steve Shin, MD Mark Schickendantz, MD Steven Donohue, 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 Panel: Kevin Wilk, DPT, Peter Chalmers, PhD Anthony A. Romeo, MD Lee Kaplan, MD George Paletta, MD

5:10 PM COURSE ADJOURNS