



WEDNESDAY 12.3.25

06.30-07.15AM REGISTRATION & BREAKFAST WITH EXHIBITORS

07.15-07.20AM	Course Welcome and Instructions Christopher S. Ahmad, MD & Anthony A. Romeo, MD	
07.20-07.30AM	Pathophysiology of Throwing Injuries Brandon Erickson, MD	
07.30-07.55AM	Live Demonstration: Physical Examination of the Shoulder Panelists: John Conway, MD Nikhil N. Verma, MD George A. Paletta Jr, MD, MBA Mark Schickendantz, MD Michael M. Reinold, DPT	Moderated By Anthony A. Romeo, MD
07.55-08.20AM	MRI of Shoulder and Elbow Baseball Injuries Hollis G. Potter, MD	
08.20-08.30AM	Management of Internal Impingement and Rotator Disease in Throwers Nikhil N. Verma, MD	
08.30-08.40AM	Good SLAP vs. Bad SLAP: How Throwers Adapt and When and How to Fix John Conway, MD	
08.40-08.50AM	Bennet's Lesion: Diagnosis and Treatment Michael T. Freehill, MD	
08.50-09.00AM	Dynamic Posterior Instability John Conway, MD	
08.30-08.40AM	Management of the Failed SLAP Repair and Biceps Tenodesis Indications George A. Paletta Jr, MD, MBA	
08.50-09.00AM	Latissimus and Teres Major Injuries Anthony A. Romeo, MD	

09.20-09.50AM COFFEE BREAK WITH EXHIBITORS

09.50-12.00PM	Case Presentations and Panel Discussion with Q&A Panel: John Conway, MD Anthony A. Romeo, MD Mark Schickendantz, MD Kevin E. Wilk, PT, DPT, FAPTA Michael M. Reinold, DPT Thomas J. Noonan, MD George A. Paletta Jr, MD, MBA Christopher Camp, MD John Conway, MD Nikhil N. Verma, MD Michael T. Freehill, MD	Moderated By Christopher S. Ahmad, MD
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SESSION I:BASEBALL SHOULDER INJURIES
07.20-09.20AM

Moderated By Anthony A. Romeo, MD

SESSION I:CONTINUED
09.50-12.00PM
Moderated By Christopher Ahmad, MD



WEDNESDAY 12.3.25

SESSION II: UPPER EXTREMITY NERVE & VASCULAR ISSUES
01.00-01.10PM

Moderated By Nikhil N. Verma, MD

12.00-01.00PM	LUNCH BREAK
01.00-01.10PM	Suprascapular Nerve Issues in Throwers Nikhil N. Verma, MD
01.10-01.25PM	Peripheral Nerve Imaging and Musculocutaneous Nerve Issues in Baseball Christopher Winfree, MD
01.25-01.40PM	Ultrasound Evaluation and Injection Strategies for Nerve Issues Christopher Visco, MD
01.40-02.00PM	Vascular Issues in Baseball: Aneurysms and Thrombosis Gregory Pearl, MD
02.00-02.20PM	Rethinking Neurogenic TOS: Redefining Diagnostic and Treatment Algorithms Using Arthroscopy Eric Wagner, MD
02.20-03.00PM	Case Presentations and Panel Discussion with Q&A Panel: Christopher Winfree, MD Gregory Pearl, MD Eric Wagner, MD Christopher Visco, MD Moderated By Nikhil N. Verma, MD
03.00-03.20PM	Principles of Shoulder Rehab in Baseball David Colvin, PT, DPT, OCS, MS, ATC
03.20-03.30PM	Major League Soft Tissue Recovery Joseph Ciccone, DPT
03.30-03.45PM	Strength Training and Thoracic Outlet Syndrome: Is It Doing More Harm Than Good? Eric Cressey, MA, CSCS, RSCC*E
03.45-04.00PM	Rehabilitation of the Thrower's Shoulder: Medical Diagnosis vs. Movement Diagnosis Eric Schoenberg, DPT
04.00-04.20PM	Neurocognitive Training and Testing for the Upper Extremity: The Missing Rehab Component Kevin E. Wilk, PT, DPT, FAPTA
04.20-05.00PM	Case Presentations and Panel Discussion with Q&A Panel: Eric Cressey, MA, CSCS, RSCC*E Joseph Ciccone, DPT David Colvin, PT, DPT, OCS, MS, ATC Michael M. Reinold, DPT Eric Schoenberg, DPT Moderated By Kevin E. Wilk, PT, DPT, FAPTA
05.00-05.50PM	SOCIAL GATHERING, NETWORKING

SESSION III: SHOULDER REHABILITATION
03.00-05.00PM

Moderated By Joseph Ciccone, DPT



THURSDAY 12.4.25

SESSION IV: BATTING INJURIES
07.20-09.20AM

Moderated By Christopher S. Ahmad, MD

07.00-07.20AM REGISTRATION & BREAKFAST WITH EXHIBITORS	
07.20-07.30AM	Batting Science and Batting Metrics Brandon Erickson, MD
07.30-07.50AM	Batter's Shoulder and Oblique Strains Michael M. Reinold, DPT
07.50-08.10AM	ECU and TFCC in Batting Steven Shin, MD
08.10-08.25AM	Hand and Wrist Fractures including Hook of Hamate Steven Shin, MD
08.25-08.45AM	Batting Rehab and Batting Progressions David Colvin, PT, DPT, OCS, MS, ATC
08.45-09.30AM	Case Presentations and Panel Discussion with Q&A Panel: Brandon Erickson, MD Michael M. Reinold, DPT Steven Shin, MD David Colvin, PT, DPT, OCS, MS, ATC Christopher L. Camp, MD

Moderated By Christopher S. Ahmad, MD

09.30-09.50AM COFFEE BREAK WITH EXHIBITORS	
09.50-10.15AM	Keynote: FAI Update Bryan Kelly, MD
10.15-10.30AM	Athletic Pubalgia Update Mark Zoland, MD
10.30-10.45AM	Baseball Spine Injuries Ronald Lehman, MD & Joseph Lombardi, MD
10.45-10.55AM	Hamstring Strains in Baseball Michael M. Reinold, DPT
10.55-11.30AM	Case Presentations and Panel Discussion with Q&A Panel: Bryan Kelly, MD Mark Zoland, MD Ronald Lehman, MD Joseph Lombardi, MD Michael M. Reinold, DPT

Moderated By Anthony A. Romeo, MD

11.30-11.40AM	Meniscal Injuries George A. Paletta Jr, MD, MBA
11.40-11.50AM	Cartilage Injuries Robert Najarian, MD

SESSION VI
11.30-12.30PM

Moderated By Joseph Ciccone, DPT

Moderated By Anthony A. Romeo, MD

SESSION V: HIP, SPINE, & HAMSTRINGS
09.50-11.30PM



THURSDAY 12.4.25

SESSION VI: KNEE INJURIES
11.30-12.30PM

Moderated By Joseph Ciccone, DPT

11.50-12.10PM	ACL Injuries: Graft Choices and Outcomes By Jeffrey Dugas, MD	
12.10-12.20PM	Knee Rehabilitation Principles and Practice By Joseph Ciccone, DPT	
12.20-12.30PM	Case Presentations and Panel Discussion with Q&A Panel: George A. Paletta Jr, MD, MBA Robert Najarian, MD Jeffrey Dugas, MD Steven Cohen, MD	Moderated By Joseph Ciccone, DPT

12.30-01.20PM LUNCH BREAK

01.20-01.35PM	Foot and Ankle Fractures By Robert Anderson, MD	
01.35-01.45PM	Achilles Tendon Injuries By Martin J. O'Malley, MD	
01.45-01.55PM	Lisfranc Injuries in Baseball By Justin Greisberg, MD	
01.55-02.20PM	Tricky MTP Joints and Biologics By Aaron Mates, MD	

Moderated By Anthony A. Romeo, MD

SESSION VII: FOOT AND ANKLE
01.20-02.20PM

SESSION VIII: BIOLOGICS & FORTEO
02.20-03.00PM

Moderated By Christopher S. Ahmad, MD

02.20-02.40PM	Biologics and Forteo RoundTable Panel: Martin J. O'Malley, MD Aaron Mates, MD Justin Greisberg, MD Robert Anderson, MD Nikhil N. Verma, MD Anthony A. Romeo, M.D. Peter Chalmers, MD Christopher L. Camp, MD Christopher Visco, MD Jeffrey Dugas, MD	Moderated By Christopher S. Ahmad, MD
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02.40-03.00PM BREAK WITH EXHIBITORS

03.00-03.10PM	Throwing Elbow Biomechanics By Brandon Erickson, M.D.	
03.10-03.20PM	Live Video Demonstration: Physical Exam of the Elbow Panel: Christopher Camp, M.D. Mark Schickendantz, MD George A. Paletta Jr, MD, MBA Anthony A. Romeo, MD Thomas Noonan, MD Timothy Griffith, MD John Conway, MD	Moderated By Christopher S. Ahmad, MD

Moderated By Anthony A. Romeo, MD

SESSION IX
03.00-04.00PM



THURSDAY 12.4.25

SESSION IX: ELBOW INJURIES – NON UCL
03.00-04.00PM

Moderated By Anthony A. Romeo, MD

03.20-03.30PM	Valgus Extension Overload Thomas J. Noonan, MD
03.30-03.40PM	Olecranon Stress Fractures John Conway, MD
03.40-03.50PM	Flexor Muscle and Tendon Injuries Mark Schickendantz, MD
03.50-04.00PM	Difficult Ulnar Nerve Issues Melvin P. Rosenwasser, MD
04.00-04.15PM	New Science on Force Generation with Pitching Antonia Zaferiou, PhD
04.15-04.30PM	Elbow Evolution: The Future of Load Optimization Keith Baar, PhD
04.30-04.50PM	Pitch Design: A Coach’s Perspective Mike McFerran
04.50-05.00PM	The Impact Pitch Design on Pitcher Performance and Injury Risk Christopher Camp, MD
05.00-05.10PM	Pitching Grips: Where's the Science in 2025? Michael T. Freehill, MD
05.10-05.20PM	The Role of Arm Angles to Elbow Flexor Muscles on UCL Injury Peter Chalmers, MD
05.20-05.30PM	In-Game Fatigue Measures and Flexor Recovery Michael T. Freehill, MD
05.30PM	ADJOURN

Moderated By Anthony A. Romeo, MD

SESSION X: THROWING SCIENCE
04.00-05.30PM



FRIDAY 12.5.25

SESSION XI: UCL SURGICAL TECHNIQUE. WHAT & THE WHY WITH REPAIR, RECONSTRUCTION, & HYBRIDS 07.30-09.00AM

Moderated By Anthony A. Romeo, MD

07.00-07.30AM BREAKFAST WITH EXHIBITORS

07.30-07.45AM UCL Repair and Reconstruction Biomechanics Christopher Camp, MD

07.45-08.00AM UCL Repair: Surgical Technique and Outcomes Jeffrey Dugas MD

08.00-08.15AM UCL Reconstruction: Technique Variations George A. Paletta Jr, MD, MBA

08.15-08.30AM UCL Reconstruction: Hybrid Technique Christopher S. Ahmad, MD

08.30-09.00AM Round Table with Cases on Emerging UCL Tear Patterns: Flexor Tendon Injuries, Sublime Tubercle Pathology, Acute-on-Chronic UCL
Panel: Christopher Camp, MD
Jeffrey Dugas, MD
George A. Paletta Jr, MD, MBA
John Conway, MD
Timothy Griffith, MD
Anthony A. Romeo, MD

Moderated By Christopher S. Ahmad, MD

09.00-09.10AM Advanced Pitching Metrics: Outcomes After UCL Reconstruction Christopher S. Ahmad, MD

09.10-09.20AM UCL Outcomes: Does Technique Matter? Christopher Camp, MD

09.20-09.30AM Does Hybrid Improve Outcomes Compared with Traditional Tommy John? Timothy Griffith, MD

09.30-09.40AM Outcomes of UCL Reconstruction in Position Players Brandon Erickson, MD

09.40-10.00AM BREAK WITH EXHIBITORS

10.00-10.10AM UCL Complications John Conway, MD

10.10-10.20AM Epidemiology and Evaluation of Failed UCL Surgery Peter Chalmers, MD

10.20-10.30AM UCL Revision: Failed UCL Repair Revised to Reconstruction Christopher S. Ahmad, MD

10.30-10.40AM UCL Revision: UCL Reconsruction Revised with Repair Jeffrey Dugas, MD

Moderated By George Paletta, MD, MBA

SESSION XIII 10.00-12:00PM

Moderated By Christopher Camp, MD

SESSION XII: UCL OUTCOMES 09.00-09.40PM



FRIDAY 12.5.25

SESSION XIII: UCL COMPLICATIONS AND REVISION
10.00-12.00PM

Moderated By George A. Paletta Jr, MD, MBA

10.40-10.50AM	UCL Revision: UCL Reconstruction Revised with Reconstruction George A. Paletta Jr, MD, MBA	
10.50-12.00PM	Case Presentations and Panel Discussion with Q&A Panel: John Conway, MD Anthony A. Romeo, MD Jeffrey Dugas, MD George A. Paletta Jr, MD, MBA Thomas J. Noonan, MD Mark Schickendantz, MD Nikhil N. Verma, MD	Moderated By Christopher S. Ahmad, MD
12.00-01.00PM	LUNCH BREAK	
01.00-01.20PM	MLB's Approach to Player Health and Safety Jon Coyles, Senior Vice President, MLB Drug, Health, & Safety Programs	HONORED LECTURE
01.20-01.35PM	Rehabilitation and Throwing Programs Following UCL Surgery David Colvin, PT, DPT, OCS, MS, ATC	
01.35-01.45PM	Interval Throwing Program Built Off Workload and How to Modify for UCL Repair and Hybrid UCL Reconstruction Michael M. Reinold, DPT	
01.45-02.05PM	Challenging Issues in UCL Rehab Eric Schoenberg, DPT	
02.05-02.20PM	What I've Learned in 40 Years of UCL Rehab Kevin E. Wilk, PT, DPT, FAPTA	
02.20-02.40PM	Round Table on Post-UCL Issues: My Elbow Is Sore. My Velo Is Down. I Need to Get Back Sooner. Panel: Kevin E. Wilk, PT, DPT, FAPTA Eric Schoenberg, PT John Conway, MD Christopher S. Ahmad, MD Jeffrey Dugas, MD	Moderated By George A. Paletta Jr., MD, MBA
02.40-02.50PM	College Workload Issues Lee Kaplan, MD	
02.50-03.00PM	How Players Transition from High School to College Baseball Eric Cressey, MA, CSCS, RSCC*E	
03.00-03.10PM	The MLB Combine and Concerns with the Amateur Throwing Shoulder and Elbow Peter Chalmers, MD	
03.10-03.20PM	Psychological Impact of Elbow UCL Injury Christopher S. Ahmad, MD	

Moderated By Lee Kaplan, MD

SESSION XIV: ELBOW REHAB
01.20-02.50PM

Moderated By Kevin E. Wilk, PT, DPT, FAPTA

SESSION XV: SPECIAL ISSUES
IN THE COLLEGIATE ATHLETE
02.40-03.20PM

Moderated By Christopher S. Ahmad, MD



FRIDAY 12.5.25

03.20-03.35AM	BREAK WITH EXHIBITORS
03.35-03.50PM	Repetitive Sub-Concussion Effects on Performance and Physical Injury Ken Shubin Stein, MD
03.50-04.10PM	Elevate the Game: Optimizing Tendon Health and Performance Keith Baar, PhD
04.10-04.25PM	Peptides, NADs, and Supplements Demystified Michael A. Schmidt, PhD, MPhil, FAsMA
04.25-04.45PM	Hyperbaric Oxygen Therapy in Baseball Health Ken Shubin Stein, MD
04.45-05.00PM	Audience Question and Answer Christopher S. Ahmad, MD
05.00PM	ADJOURN