

SCHEDULE

LUNCH PROVIDED

Register Online: TCOmn.com/BaseballMedicine
Contact: MikeDixey@TCOmn.com



8:00am - 8:30am: Check-In & Registration
8:30am - 8:35am: Welcome & Introduction -
Chris Bailey, PT, DPT

Section 1: The Physician's Evaluation of the Thrower

8:35am - 9:00am: What does an MD evaluation of the throwing patient look like? - Greg Lervick, MD
9:00am - 9:25am: Utilizing ultrasound in the diagnosis of injuries to the throwing shoulder & elbow - Ed Kelly, MD
9:25am - 9:45am: Determining who can play through his/her injury & who needs to rest and recover? - Steve Meisterling, MD

Section 2: Radiographic Imaging

9:45am - 10:05am: Little League Shoulder & Elbow - why every adolescent baseball player with a sore arm should have radiographs - Hollis Fritts, MD
10:05am-10:15am: Break

Section 3: The Physical Therapist Evaluation & Treatment of the Thrower

10:15am - 10:35am: Clinical biomechanics of the thrower's shoulder - Braidy Solie, DPT, CSCS, EMR
10:35am - 11:05am: The Physical Therapist's in-clinic evaluation of the thrower - Mike Dixey, PT, DPT, Cert. MDT, NASM-PES, CSCS
11:05am - 11:45pm: KEYNOTE - Assessing TROM - what is the best method & how it is performed? Clinical implications of TROM - Lenny Macrina, MSPT, SCS, CSCS
11:45am - 12:45pm: Lunch with video demonstration on measuring TROM - Lenny Macrina, MSPT, SCS, CSCS
12:45pm - 1:15pm: Utilizing EMG research for best exercise selection - shoulder - Mike Dixey, PT, DPT, Cert. MDT, NASM-PES, CSCS

1:15pm - 1:45pm: Utilizing EMG research for best exercise selection - core - Christian Dawson, PT

Section 4: Getting the Thrower Back on the Field

1:45pm - 2:00pm: Objective parameters & functional testing to determine when to start throwing - Mike Dixey, PT, DPT, Cert. MDT, NASM-PES, CSCS
2:00pm - 2:25pm: Designing a return to throw program - what, when, how fast? - Mike Muffenbier, MPT, SCS, CSCS
2:25pm - 2:35pm: Break
2:35pm - 3:05pm: Throwing mechanics - what is important & what is fluff? - Mike Muffenbier, MPT, SCS, CSCS
3:05pm - 3:25pm: Windmill pitching mechanics - Courtney Kovacs, PT, DPT
3:25pm - 3:45pm: Common & not-so-common injuries in baseball: my years covering the Saint Paul Saints - Jason Ellenbecker, ATC

Section 5: Hot Topics

3:45pm - 4:10pm: Roundtable Discussion: Weighted ball throwing - Lenny Macrina, Jason Ellenbecker, Wes Germain, Chris Olean
4:10pm - 4:25pm: Designing a dynamic warm-up program - Mason Reinhart, NASM-CES
4:25pm - 4:40pm: Managing pitch counts & mandatory rest - MN State high school rules, AAOS recommendations, USA Baseball recommendations - Brian Holst, PT, DPT, SCS, CSCS
4:40pm - 5:00pm: Baseball Injuries - research, travel ball, showcases, position combinations - Russ Linville, PT, DPT, OCS, SCS, CSCS
5:00pm - 5:15pm: Course evaluations & completion certificates