

# TCO BASEBALL MEDICINE CONFERENCE 2022

## Date + Time

**November 5-6, 2022**

Saturday - 8:30 AM - 4:30 PM  
Sunday - 8:00 AM - 1:00 PM

## Location

**Securian Financial Club at CHS Field**  
360 N Broadway St, St. Paul, MN 55101

## Moderator

**Mike Dixey PT, DPT, CSCS**

Email [TCOCME@TCOmn.com](mailto:TCOCME@TCOmn.com) with Questions

## RSVP

**Registration Open Now**

Please RSVP by October 21st

## Cost

\$399

## Continuing Education

BOC 10.0 CEU

MNBPT 10.0 CEU\*

NSCA 0.9 CEU\*

## TARGET AUDIENCE:

- Physical Therapists
- Athletic Trainers
- Strength & Conditioning Coaches

## OBJECTIVES:

Upon conclusion of this conference, participants will be able to:

- Identify three (3) key factors in decreasing pitching injuries in adolescent baseball pitchers
- Understand how to design a custom interval throwing program using objective data
- Identify the different stages of windmill pitching mechanics
- Understand how to design a weighted ball program based on objective criteria

[CLICK HERE TO REGISTER](#)

## SATURDAY, NOVEMBER 5TH

TIME	TOPIC	SPEAKER(S)
8:00 AM	Check In & Visit Sponsor Tables	
8:30 AM	Welcome	Mike Dixey PT, DPT, CSCS
8:40 AM	The Essentials of an Exam of the Thrower	Corey Wulf, MD
9:00 AM	Unique Cases Seen in the Thrower at the Training HAUS	Brian Holst, DPT, SCS, CSCS
9:30 AM	Injuries that are Trending in Baseball	Adam Diamond, PT, DPT, ATC, CSCS Danielle Honnette, PT, DPT, SCS, CSCS
10:00 AM	Break & Visit Sponsor Tables	
10:15 AM	Predicting Injuries in Professional Baseball: Will We Ever Figure it Out?	Chris Camp, MD
10:45 AM	Keynote Speaker: Prevention of Pitching Injuries in Adolescent Baseball	Glenn Fleisig, PhD
11:30 AM	Q&A with Morning Presenters	Mike Dixey PT, DPT, CSCS
11:50 AM	Lunch	
12:30 PM	Keynote Speaker: Concussion - My Personal Experiences: A 1st Hand-View from a Former MLB Player	Corey Koskie
12:50 PM	The Effect of a Concussion on an Athlete's Future Performance	Michael Steiner, PT, DPT
1:15 PM	Technology in Baseball	Russ Linville, PT, DPT, OCS, SCS, CSCS
1:45 PM	Workload Management in Interval Throwing Programs	Brett Petersen, PT, DPT, MS, OCS, SCS, CSCS Jamie Jaeger, MS, ATC, CSCS Weston Germain
2:15 PM	Break, Visit Sponsor Tables, Walk to Breakout Sessions	
2:30 PM	Breakout Session: How to Analyze Pitching Mechanics	Glenn Fleisig, PhD
3:00 PM	Breakout Session: Workload Management in Interval Throwing Programs	Brett Petersen, PT, DPT, MS, OCS, SCS, CSCS Jamie Jaeger, MS, ATC, CSCS Weston Germain
3:30 PM	Breakout Session: Technology in Baseball	Russ Linville, PT, DPT, OCS, SCS, CSCS
4:00 PM	Return to Securian Club	
4:10 PM	Q&A with Afternoon Presenters	Mike Dixey PT, DPT, CSCS
4:30 PM	Adjourn	

## SUNDAY, NOVEMBER 6TH

TIME	TOPIC	SPEAKER(S)
8:00 AM	Windmill Pitching Mechanics & Exercise Considerations for the Softball Pitcher	Courtney Kovacs, PT, DPT
8:25 AM	Assessment in Determining the Strength & Conditioning Needs of the Baseball Player	Joshua Bickel, PT, DPT, OCS, SCS
9:00 AM	Designing a Strength & Conditioning Program for Youth Baseball Players	Chris Doney, MS, LAT, ATC
9:30 AM	Keynote Speaker: Pathomechanics of Overhead Throwing: Shoulder & Elbow	Rafael Escamilla, PhD, PT, CSCS, FACSM
10:10 AM	Break & Visit Sponsor Tables	
10:25 AM	Keynote Speaker: Using Weighted Balls for Performance Enhancement	Rafael Escamilla, PhD, PT, CSCS, FACSM
11:00 AM	Breakout Session: Designing a Weighted Ball Program for the Youth Thrower	Rafael Escamilla, PhD, PT, CSCS, FACSM
11:30 AM	Breakout Session: Assessment in Determining the Strength & Conditioning Needs of the Baseball Player: A Roundtable Discussion	Joshua Bickel, PT, DPT, OCS, SCS Adam Diamond, PT, DPT, ATC, CSCS Danielle Honnette, PT, DPT, SCS, CSCS Russ Linville, PT, DPT, OCS, SCS, CSCS
12:00 PM	Break, Prepare Questions for Presenters, & Visit Sponsor Tables	
12:15 PM	Q&A with Sunday Presenters	Mike Dixey PT, DPT, CSCS
12:45 PM	Adjourn	

## FAQ

**Q: What is the dress code and PPE restrictions?**

**A:** Wear something comfortable!

**Q: Where do we enter Securian Financial Club at CHS Field?**

**A:** Just north of the main gates at the Securian entrance.

**Q: Where should I park?**

**A:** Please utilize any of the surface lots or ramps surrounding CHS Field. Additional parking information can be found [here](#).

**Q: Will food be provided?**

**A:** We will be providing a light breakfast and lunch on Saturday and a light breakfast on Sunday.

**Q: Additional information or cancellations needed?**

**A:** For cancellations or any other questions, please visit [TCOmn.com/Baseball-Med-Conf](https://TCOmn.com/Baseball-Med-Conf).

## SPONSORS

### Tier 1

Neu Medical

### Tier 2

OPTP

Arrowhead Medical