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American Sports Medicine Institute

40th Annual Injuries in Baseball Course
January 26 –28, 2022
All times are CST

WEDNESDAY
January 26, 2022

5:30 pm **WELCOME FROM MAJOR LEAGUE BASEBALL**
John D'Angelo

5:40 pm **WELCOME FROM ASMI**
James R. Andrews, MD
Kevin E. Wilk, PT, DPT, FAPTA
Glenn S. Fleisig, Ph.D.

SESSION I - THROWER'S SHOULDER - I

Objective: Review current concepts associated with anatomy, biomechanics,
examination and treatment of the shoulder

5:45 pm Moderator/Faculty Introductions
James Andrews, MD

5:50 pm **VIDEO DEMONSTRATION**
Anatomy of the Thrower's Shoulder
Alexander Loeb, MD
Amir Shahien, MD

6:05 pm Biomechanics of the Shoulder in Pitching
Glenn S. Fleisig, PhD

6:20 pm Clinical Examination of the Baseball Shoulder
Steve E. Jordan, MD

6:35 pm Rotator Cuff Injuries in Throwers
Roger Ostrander, MD

6:50 pm **KEYNOTE ADDRESS**
SLAP Tears in Throwers
Educational Grant provided by Medical Properties Trust
E. Lyle Cain, Jr., MD

7:05 pm **Panel Discussion**
Moderator: James R. Andrews, MD
Glenn S. Fleisig, PhD
Steve E. Jordan, MD
Roger Ostrander, MD
E. Lyle Cain, Jr., MD

7:25 pm **VENDOR EXHIBITS**

SESSION II – THROWER’S SHOULDER - II

Objective: Apply current advances in treatment and rehabilitation to injuries of the throwing shoulder

7:40 pm Moderator/ Faculty Introductions
E. Lyle Cain, Jr., MD

7:55 pm Unique Problems in the Thrower’s Posterior Shoulder
John E. Conway, MD

8:10 pm Biceps / Labral Complex Lesions: Our Journey
Stephen J. O’Brien, MD, MBA

8:25 pm SLAP Repairs and Biceps Tenodesis in Softball Players
Marcus Rothermich, MD

8:40 pm Rehabilitation Following Selected Shoulder Surgeries
Rafael Escamilla, PhD, PT, CSCS, FACSM

8:55 pm **Panel Discussion and Case Presentations**
Moderator: E. Lyle Cain, Jr., MD
John E. Conway, MD
Stephen J. O’Brien, MD, MBA
Glenn S. Fleisig, PhD
Rafael Escamilla, PhD, PT, CSCS, FACSM

9:15 pm **ADJOURN**

THURSDAY
January 27, 2022

SESSION III – THROWER’S ELBOW - I

- Objective: Review current concepts associated with anatomy, biomechanics, examination and treatment of the elbow
- 5:30 pm Moderator/Faculty Introductions
Jeffrey R. Dugas, MD
- 5:35 pm **VIDEO DEMONSTRATION**
Anatomy of the Thrower’s Elbow
Jake Dunn, MD
Garrett Schwarzman, MD
- 5:50 pm Biomechanics of the Elbow in Pitching
Jonathan Slowik, PhD
- 6:05 pm Clinical Examination of the Elbow
Keith Meister, MD
- 6:20 pm It’s Not Always the UCL: Evaluation of Medial Elbow Pain
Steve E. Jordan, MD
- 6:35 pm KEYNOTE ADDRESS**
Why Are So Many of our Youth Baseball and Softball Throwers Getting Hurt?
Educational Grant provided by Project SAMson
James R. Andrews, MD
- 6:50 pm Strategies and Programs to Reduce Elbow Injuries in Baseball Pitchers
Michael M. Reinold, DPT, SCS, ATC, CSCS
- 7:05 pm **Panel Discussion**
Moderator: Jeffrey R. Dugas, MD
Jonathan Slowik, PhD
Keith Meister, MD
Steve E. Jordan, MD
James R. Andrews, MD
Michael M. Reinold, DPT, SCS, ATC, CSCS
- 7:25 pm **VENDOR EXHIBITS**

SESSION IV – ELBOW - II

- Objective: Discuss the treatment and rehabilitation of injuries to the elbow
- 7:40 pm Moderator/Faculty Introductions
Keith Meister, MD
- 7:45 pm Non-Operative Treatment of the Thrower’s Elbow
Lenny Macrina, MSPT, SCS, CSCS
- 8:00 pm **KEYNOTE ADDRESS**
UCL Repair with Augmented Internal Brace
Educational Grant provided by ASMI Endowment Fund
Jeffrey R. Dugas, MD
- 8:15 pm OCD of the Capitellum
Marcus Rothermich, MD
- 8:30 pm How Are We Doing in 2022? Outcomes of UCL Reconstruction
E. Lyle Cain, Jr., MD
- 8:45 pm Can We Improve Our Technique: New Ideas/Techniques in UCL Reconstruction?
Keith Meister, MD
- 9:00 pm Rehabilitation Following Elbow Surgery: UCL Reconstruction, Repairs & More
Kevin E. Wilk, PT, DPT, FAPTA
- 9:15 pm **Panel Discussion and Case Presentations**
Moderator: Keith Meister, MD
Lenny Macrina, MSPT, SCS, CSCS
Jeffrey R. Dugas, MD
Marcus Rothermich, MD
E. Lyle Cain, Jr., MD
Kevin E. Wilk, PT, DPT, FAPTA
- 9:35 pm **ADJOURN**

FRIDAY
January 28, 2022

- 5:00 pm Moderator/Faculty Introductions
Kevin E. Wilk, PT, DPT, FAPTA
- 5:05 pm **GOLDBERG MUELLER KEYNOTE ADDRESS ON INJURY PREVENTION**
Research-Based Prevention of Pitching Injuries
Educational Grant provided by USA Baseball
Glenn S. Fleisig, PhD
- 5:25 pm Recognition and Treatment of Common Hip Disorders in Baseball Players
Benton Emblom, MD

SESSION V – REHABILITATION

Objective: Review current advances in baseball rehabilitation

- 5:40 pm Training the Scapula for Performance
Russ Paine, PT
- 5:55 pm Techniques to Enhance Performance Through Specific Training
Techniques & Recovery Techniques
Robert E. Mangan, PT, MEd, ATC
- 6:10 pm **KEYNOTE ADDRESS**
Functional Testing for Return Throwing Following Injury
Educational Grant provided by ASMI Endowment Fund
Kevin E. Wilk, PT, DPT, FAPTA
- 6:25 pm Validation of Specific Functional Tests for the Overhead Athlete
George Davies, DPT, MEd, PT, SCS, ATC, LAT, CSCS, PES, FAPTA
- 6:40 pm Training the Core for Baseball & Painfree Function
Lewis Lupowitz, PT, DPT, CSCS, FRCms
- 6:55 pm **Panel Discussion**
Moderator: Kevin E. Wilk, PT, DPT, FAPTA
Russ Paine, PT
Robert E. Mangan, PT, MEd, ATC
George Davies, DPT, MEd, PT, SCS, ATC, LAT, CSCS, PES, FAPTA
Lewis Lupowitz, PT, DPT, CSCS, FRCms

SESSION VI – THROWING PROGRAMS

Objective: Review current advances in baseball rehabilitation and throwing programs

- 7:15 pm Roundtable Open Discussion**
Controversies in Baseball Medicine:
When to Initiate Throwing after Injury/Surgery?
How Far Should We Throw?
Moderator: Kevin E. Wilk, PT, DPT, FAPTA
Educational Grant provided by Oberd
E. Lyle Cain, Jr., MD
Ken Crenshaw, ATC, CSCS
Jeffrey R. Dugas, MD
Keith Meister, MD
Ron Porterfield, ATC
Michael M. Reinold, DPT, SCS, ATC, CSCS
- 7:55 pm How do you advance in a throwing program? A thru E and soreness rules
Michael J. Axe, MD
- 8:10 pm **LIVE INTERVIEW with Nick Martinez**
Year-Round Conditioning Workload for a Major League Pitcher
Interviewers: James R. Andrews, MD
Glenn S. Fleisig, PhD
- 8:30 pm The Efficacy and Safety of Weighted Ball Training Programs
Michael M. Reinold, DPT, SCS, ATC, CSCS
- 8:45 pm **ABBS CHALLENGE**
What's wrong with these pitching biomechanics?
Educational Grant provided by Dari Motion
Moderator: Jonathan Slowik, PhD
Panel: Anthony Brady, MS
Glenn S. Fleisig, PhD
Kristen Nicholson, PhD
E. David Osinski, MA
- 9:20 pm **40th ANNIVERSARY**
Time Capsule and Awards
James R. Andrews, MD
Kevin E. Wilk, PT, DPT, FAPTA
Glenn S. Fleisig, PhD
- 9:50 pm **ADJOURN**