



43rd Annual
Andrews Injuries in Baseball Course

January 24 –26, 2025
Hyatt Regency Birmingham
The Wynfrey Hotel
Birmingham, AL

FRIDAY
January 24, 2025

8:00 am **WELCOME**
James R. Andrews, MD
Kevin E. Wilk, PT, DPT, FAPTA
Glenn S. Fleisig, PhD

SESSION I
ELBOW I

Objective: Integrate anatomy with biomechanics, examination,
treatment and rehabilitation of the baseball elbow

8:05 am Moderator/Faculty Introductions
E. Lyle Cain, Jr., MD

8:10 am VIDEO DEMONSTRATION
Elbow Anatomy
ASMI Fellows

8:30 am LIVE DEMONSTRATION
Clinical Examination of the Elbow
James R. Andrews, MD
E. Lyle Cain, Jr., MD

8:50 am Anatomy and Diagnosis of the UCL
Christopher H. Garrett, MD

9:10 am TBD
Jeffrey R. Dugas, MD

- 9:30 am Non-Operative Treatment of Elbow Injuries
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 9:50 am **Panel Discussion**
Moderator: E. Lyle Cain, Jr., MD
James R. Andrews, MD
Christopher H. Garrett, MD
Jeffrey R. Dugas, MD
Michael M. Reinold, DPT, ATC, CSCS, C-PS

10:10 am **BREAK**

SESSION II
ELBOW II - UCL

Objective: Describe current advances in treatment and rehabilitation of UCL injuries

10:30 am Moderator/Faculty Introductions
Steve E. Jordan, MD

10:35 am **Keynote Address: UCL Reconstruction Surgery**
E. Lyle Cain, Jr., MD
Educational grant provided by Medical Properties Trust

10:55 am UCL Repair and Hybrid Surgeries
George A. Paletta, Jr., MD, MBA

11:15 am Biomechanics of the UCL and UCL Surgery
Glenn S. Fleisig, PhD
David P. Beason, MS

11:35 am UCL Revision Surgeries
Jeffrey R. Dugas, MD

11:55 am Rehabilitation following UCL surgery: Hybrid, Reconstruction and
Internal Brace
Kevin E. Wilk, PT, DPT, FAPTA

12:15 pm **Panel Discussion**
Moderator: Steve E. Jordan, MD
E. Lyle Cain, Jr., MD
George A. Paletta, Jr., MD, MBA

Glenn S. Fleisig, PhD
David P. Beason, MS
Jeffrey R. Dugas, MD
Kevin E. Wilk, PT, DPT, FAPTA

12:35 pm **LUNCH**

**SESSION III
REHABILITATION**

Objective: Discuss current advances in the rehabilitation of injuries to the
 throwing shoulder

1:45 pm Moderator/Faculty Introductions
 Kevin E. Wilk, PT, DPT, FAPTA

1:50 pm Rehabilitation Considerations for the High School & Youth Baseball
 Player
 Lenny Macrina, MSPT, SCS, CSCS

2:10 pm GIRD Revisited: Is it a Contributing Factor to Shoulder & Elbow Injuries
 and Treatment?
 Kevin E. Wilk, PT, DPT, FAPTA

2:30 pm Dry Needling, Cupping & Soft Tissue Techniques for the Thrower's
 Shoulder (Virtual)
 Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT

2:50 pm Rehabilitation Guidelines for the Windmill Style Pitcher
 Morgan Ivey, PT, DPT, CSCS

3:10 pm. Plyometrics in Baseball Specific Programs
 Russ Paine, PT

3:30 pm **Panel Discussion**
 Moderator: Kevin E. Wilk, PT, DPT, FAPTA
 Lenny Macrina, MSPT, SCS, CSCS
 Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT
 Morgan Ivey, PT, DPT, CSCS
 Russ Paine, PT

3:50 pm **BREAK**

**SESSION IV
STRENGTH & CONDITIONING**

- Objective: Identify and discuss current trends associated with training procedures in baseball
- 4:10 pm Moderator/Faculty Introductions
Michael L. Ryan, ATC, CSCS
- 4:30 pm Biomechanics of Interval throwing Programs
Glenn S. Fleisig, PhD
- 4:50 pm Updated Interval Throwing Programs Based on Workload Data
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 5:10 pm Weighted Baseball Training Programs
TBD
- 5:30 pm Effects of Resistance Training on Baseball Performance
Rafael Escamilla, PhD, PT, CSCS, FACSM
- 5:50 pm Management of the Throwing Program for Pitchers:
Stretch, Strength and Throwing Guidelines
Cal Tinsley, MA, CSCS, SCCC
- 6:10 pm **Panel Discussion**
Moderator: Michael L. Ryan, ATC, CSCS
Glenn S. Fleisig, PhD
Michael M. Reinold, DPT, ATC, CSCS, C-PS
Russ Paine, PT
Rafael Escamilla, PhD, PT, CSCS, FACSM
- 6:30 pm **REGISTRANTS' RECEPTION**

SATURDAY

January 25, 2025

- 7:00 am Roundtable Open Discussion**
Why the Increase in Injuries in Baseball” at All Levels and How to Reduce Injuries
Moderator: Kevin E. Wilk, PT, DPT FAPTA
John Smoltz (Virtual)
Jeffrey R. Dugas, MD
E. Lyle Cain, Jr., MD
George A. Paletta, Jr., MD, MBA
Glenn S. Fleisig, PhD
Michael M. Reinold, DPT, ATC, CSCS, C-PS
TBD
- 8:00 am Goldberg Mueller Keynote Address on Injury Prevention:**
Critical Elements of Injury Prevention in Youth Baseball
Marcus A. Rothermich, MD

SESSION V
SHOULDER I

- Objective: Integrate anatomy with biomechanics, examination, treatment and rehabilitation of the baseball shoulder
- 8:20 am Moderator/Faculty Introductions
Marcus A. Rothermich, MD
- 8:25 am VIDEO DEMONSTRATION
Shoulder Anatomy
ASMI Fellows
- 8:45 am LIVE DEMONSTRATION
Clinical Examination of the Shoulder
Steve E. Jordan, MD
Christopher H. Garrett, MD
- 9:05 am Biomechanics of the Shoulder in Pitching
Jonathan Slowik, PhD
- 9:25 am Good SLAP – Bad SLAP & Internal Impingement

E. Lyle Cain, Jr., MD

9:45 am Our Non-Op Rehabilitation Program for the Painful Thrower's Shoulder
Kevin E. Wilk, PT, DPT, FAPTA

10:05 am **Panel Discussion**
Moderator: Marcus A. Rothermich, MD
Steve E. Jordan, MD
Christopher H. Garrett, MD
Jonathan Slowik, PhD
E. Lyle Cain, Jr., MD
Kevin E. Wilk, PT, DPT, FAPTA

10:25 am **BREAK**

SESSION VI SHOULDER II

Objective: Discuss current advances in treatment and rehabilitation of shoulder injuries

10:45 am Moderator/Faculty Introductions
James R. Andrews, MD

10:50 am Incidence, Prevalence, and Return to Play Rates for Shoulder Labrum Injuries in Elite Baseball Athletes
Marcus A. Rothermich, MD

11:05 am TBD
George A. Paletta, Jr., MD, MBA

11:25 am Treatment Updates and Trends in PASTA
(Partial Articular Supraspinatus Tendon Avulsion)
Steve E. Jordan, MD

11:45 am Rehabilitation Following Selected Shoulder Surgeries
Russ Paine, MD

12:05 pm **Panel Discussion**
Moderator: James R. Andrews, MD
Marcus A. Rothermich, MD

George A. Paletta, Jr., MD, MBA
Steve E. Jordan, MD
Russ Paine, MD

12:25 pm **JAMES R. ANDREWS, MD AWARD FOR EXCELLENCE IN
BASEBALL SPORTS MEDICINE**

DALE BAKER CAREER SERVICE AWARD

12:45 pm **LUNCH**

**CONCURRENT SESSION VII -A
BIOLOGICS**

Objective: Discuss current concepts related to biologics in baseball medicine

1:45 pm Moderator/Faculty Introductions
Ricardo Colberg, MD

1:50 pm PRP for Tendon and Ligament Injuries
Cleo Stafford, MD

2:10 pm PPP for Muscle Injuries
Robert Bowers, DO, PhD

2:30 pm Adipose Aspirate for MSK Injuries
John Hackel, MD

2:50 pm Bone Marrow Aspirate Concentrate for MSK Injuries (Virtual)
Amadeus Mason, MD

3:10 pm Orthobiologics in Orthopaedic Surgeries
Adam Anz, MD

3:30 pm Rehab after Orthobiologic Procedures

Andrew Hutchinson, PT, DPT, SCS

3:50 pm **Panel Discussion**
Moderator: Ricardo Colberg, MD
Cleo Stafford, MD
Robert Bowers, DO, PhD
Josh Hackel, MD
Amadeus Mason, MD
Adam Anz, MD
Andrew Hutchinson, PT, DPT, SCS

4:10 pm **ADJOURN**

**CONCURRENT SESSION VII-B
BASEBALL AND SOFTBALL BIOMECHANICS**

Objective: Identify and discuss actions for coaches to reduce injury risk and improve performance in baseball and softball players

1:45 pm Moderator/Faculty Introductions
Glenn S. Fleisig, PhD

1:50 pm The Biomechanics of Fastpitch Softball Pitching for Practitioners
Nicole Bordelon, PhD, PA-S2, CSCS

2:10 pm Stride Strategies in Baseball and Softball Pitching
Gretchen D. Oliver, PhD, FISBS, FACSM, ATC, CES

2:30 pm Are Big Guys at Higher Risk of Pitching Injury?
David P. Beason, MS
Jonathan Slowik, PhD

2:50 pm Drills for Correcting Common Pitching Flaws
Brad Hall

- 3:10 pm How Mound Height and Surface Affect Pitching Biomechanics
Rafael Escamilla, PhD, PT, CSCS, FACSM
- 3:30 pm How Flexibility Correlates to Pitching Biomechanics
Jonathan Slowik, PhD
- 3:50 pm ABBS Challenge: What's Wrong with These Pitching Mechanics?
Moderators: Jonathan Slowik, PhD
Panel: Glenn S. Fleisig, PhD
Nicole Bordelon, PhD, PA-S2, CSCS
Gretchen D. Oliver, PhD, FISBS, FACSM, ATC, CES
David P Beason, MS
Brad Hall
Rafael Escamilla, PhD, PT, CSCS, FACSM
- 4:10 pm ADJOURN**

CONCURRENT SESSION VII-C REHABILITATION

- Objective: Provide examples of current rehabilitation techniques for today's athlete
- 1:45 pm Moderator/Faculty Introductions.
Lenny Macrina, MSPT, SCS, CSCS
- 1:50 pm New Techniques for Training & Strengthening the Scapula, Biofeedback
and More
Russ Paine, PT
- 2:10 pm Technology in Baseball
Kevin E. Wilk, PT, DPT, FAPTA
- 2:30 pm Hips/Legs & Core – Training Tips for Baseball & Softball
Cal Tinsley, MA, CSCS, SCCC
- 2:50 pm Neurocognitive Training in Sports
Robert E. Mangan, PT, MEd, ATC
- 3:10 pm Neurocognitive Training in Baseball
Zach Thomas, PT, DPT, OCS, CSCS, C-PS
- 3:30 pm 162 games: Optimizing Player Health and
Performance Through a Long Season
Nick Valencia, PT, DPT, OCS
- 3:50 pm Year Round Planning and Conditioning for the Baseball Player
Michael L. Ryan, ATC, CSCS
- 4:10 pm Training the Softball Player Year Round
TBD
- 4:30 pm Spine Rehabilitation
Andrew Hutchinson, PT, DPT, SCS

4:50 pm **Panel Discussion**
Moderator: Lenny Macrina, MSPT, SCS, CSCS
Russ Paine, PT
Kevin E. Wilk, PT, DPT, FAPTA
Cal Tinsley, MA, CSCS, SCCC
Robert E. Mangine, PT, MEd, ATC
Zach Thomas, PT, DPT, OCS, CSCS, C-PS
Nick Valencia, PT, DPT, OCS
Michael L. Ryan, ATC, CSCS
TBD
Andrew Hutchinson, PT, DPT, SCS

5:10 pm **ADJOURN**

SUNDAY
January 26, 2025

8:00 am Keynote: Diversity, Equity, and Inclusion in Professional Baseball
Tyrone Brooks

SESSION VIII
HIGH SCHOOL BASEBALL & SOFTBALL

Objective: Report current techniques in prevention of injuries in youth and
high school baseball and softball pitchers

8:20 am Moderator/Faculty Introductions
Glenn S. Fleisig, PhD

8:25 am **E. David Osinski Memorial Address for Adolescent Baseball**
Advances in Active Warm Up for Baseball and Softball
Michael L. Ryan, ATC, CSCS

8:45 am Skin Cancer Update 2025, Bed Bugs on the Road/ Locker Room
Dermatology
Ken Wasserman, MD

9:05 am Softball Pitching Biomechanics and Workload
Gretchen D. Oliver, PhD, FISBS, FACSM, ATC, CES

9:25 am Injury Prevention Program for Adolescent Baseball Players
Brian Tovin, PT, DPT, MMSC, SCS, ATC, FAAOMPT

9:45 am Panel Discussion
Moderator: Glenn S. Fleisig, PhD
Michael L. Ryan, ATC, CSCS
Ken Wasserman, MD
Gretchen D. Oliver, PhD, FISBS, FACSM, ATC, CES
Brian Tovin, PT, DPT, MMSC, SCS, ATC, FAAOMPT

10:05 am BREAK

SESSION IX
HIP, TRUNK, & SPINE

Objective: Provide examples of current concepts in the treatment and rehabilitation of injuries to the hip, trunk, and spine

10:25 am Moderator/Faculty Introductions:
Benton Emblom, MD

10:45 am Femoroacetabular Impingement (FAI)
Benton Emblom, MD

11:05 am Trunk Motion in Pitching and Hitting
Glenn S. Fleisig, PhD

11:25 am TBD
Andrew Cordover, MD or
Daniel Kim, MD

11:45 am TBD
Michael S. Bagwell, PT, DPT, OCS, CMPT

12:05 am **Panel Discussion**
Moderator: Benton Emblom, MD
Glenn S. Fleisig, PhD

Andrew Cordover, MD or
Daniel Kim, MD
Michael S. Bagwell, PT, DPT, OCS, CMPT

12:25 am CLOSING
Kevin E. Wilk, PT, DPT, FAPTA
Glenn S. Fleisig, PhD

12:35 pm ADJOURN

**POST-COURSE DISCUSSION:
MLB DIVERSITY PIPELINE**

Objective: Explore opportunities and career paths in professional baseball for people from under-represented demographics

12:45 pm Moderator: Tyrone Brooks