

43rd ANNUAL INJURIES IN BASEBALL COURSE



American Sports Medicine Institute



Course Chairmen:

James R. Andrews, MD

E. Lyle Cain, Jr., MD

Jeffrey R. Dugas, MD

Benton A. Emblom, MD

Glenn S. Fleisig, PhD

Kevin E. Wilk, PT, DPT, FAPTA

January 24–26, 2025

**Hyatt Regency Birmingham
The Wynfrey Hotel
Birmingham, AL**

2025 Annual Andrews Injuries in Baseball Course

Recognized by:



Course Chairmen:

James R. Andrews, MD
E. Lyle Cain, Jr., MD
Jeffrey R. Dugas, MD
Benton A. Emblom, MD
Glenn S. Fleisig, PhD
Kevin E. Wilk, PT, DPT, FAPTA

Organizing Committee:

James R. Andrews, MD
Michael J. Axe, MD
E. Lyle Cain, Jr., MD
Glenn Dortch
Jeffrey R. Dugas, MD
Benton A. Emblom, MD
Glenn S. Fleisig, PhD
José O. Ortega, MD
Kevin E. Wilk, PT, DPT, FAPTA

Course Coordinator:

Caroline May

ASMI gratefully acknowledges
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American Sports Medicine Institute

2025 Annual Andrews Injuries in Baseball Course

Faculty

James R. Andrews, MD

Chairman of the Board
Medical Director
American Sports Medicine Institute
Birmingham, AL
President and Chairman of the Board
Andrews Research and Education
Foundation
Founder and CEO
Andrews Medicine
Pensacola, FL

Adam Anz, MD

Orthopaedic Sports Medicine
Surgery Specialist
Andrews Institute
Gulf Breeze, FL

Michael S. Bagwell, PT, DPT, OCS, CMPT

Physical Therapist
Champion Sports Medicine
Birmingham, AL

David P. Beason, MS

Biomechanist
American Sports Medicine Institute
Birmingham, AL

Baylor Blickenstaff, MD

Orthopaedic Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Nicole M. Bordelon, PhD, PA-S2, CSCS

Physician Assistant Student
Yale University School of Medicine
New Haven, CT

Robert L. Bowers, DO, PhD

Assistant Professor of Orthopedics
Assistant Professor of Physical
Medicine and Rehab
Emory University School of Medicine
Emory Sports Medicine Center
Director, Baseball Medicine Program
Team Physician
Atlanta Braves
Georgia Tech Baseball
College Park SkyHawks
Woodward Academy
Atlanta, GA

Felicia Branagan, MD

Primary Care Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Tyrone Brooks

Senior Director, Front Office & Field
Staff Diversity Pipeline Program
Major League Baseball
Founder, Baseball Industry Network
Annapolis, MD

E. Lyle Cain, Jr., MD

Founding Partner & Orthopaedic Surgeon
Andrews Sports Medicine & Orthopaedic Center
Fellowship Director
American Sports Medicine Institute
Birmingham, AL

Jeremy Carroll, MD

Orthopaedic Sports Medicine Fellow
Andrews Research & Education Foundation
Gulf Breeze, FL

Ricardo Colberg, MD

Non-Surgical Sports Medicine & Orthopaedic Physician
Andrews Sports Medicine & Orthopaedic Center
Birmingham, AL

Andrew Cordover, MD

Orthopaedic Surgeon & Spine Specialist
Andrews Sports Medicine & Orthopaedic Center
Birmingham, AL

Ryan DiPanfilo, ATC, CSCS

Head Athletic Trainer
Arizona Diamondbacks
Phoenix, AZ

J. Houston Dove, MD

Orthopaedic Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Jeffrey R. Dugas, MD

Founding Partner & Orthopaedic Surgeon
Andrews Sports Medicine & Orthopaedic Center
Fellowship Program Director
American Sports Medicine Institute
Birmingham, AL

Benton A. Emblom, MD

Orthopaedic Surgeon
Andrews Sports Medicine & Orthopaedic Center
Co-Founder, The Hip Center
Andrews Sports Medicine & Orthopaedic Center
Fellowship Director
American Sports Medicine Institute
Team Physician
Auburn University
Birmingham, AL

Rafael Escamilla, PhD, PT, CSCS, FACSM

Professor
Co-Director, Biomechanics Laboratory
Department of Physical Therapy
California State University - Sacramento
Sacramento, CA

Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT

President and Founder
Structure & Function Education
Falsone Consulting
Consultant, Los Angeles Dodgers
Phoenix, AZ

Babatunde Fariyike, MD

Orthopaedic Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Glenn S. Fleisig, PhD

Biomechanics Research Director
American Sports Medicine Institute
Adjunct Professor
University of Alabama at Birmingham
Birmingham, AL
Injury Research Advisor
Major League Baseball
Founder, American Baseball Biomechanics Society
Pitching Safety Consultant
Little League Baseball
Birmingham, AL

Christopher H. Garrett, MD

Orthopaedic Sports Medicine Physician
Andrews Sports Medicine & Orthopaedic Center
Birmingham, AL

R. Pearson Gean, MD

Orthopaedic Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Josh Hackel, MD

Sports Medicine Physician
Andrews Institute
Team Physician
University of West Florida Athletics
Fellowship Director
Andrews Research & Education
Foundation
South Alabama Primary Care
Sports Medicine Fellowship Program
Gulf Breeze, FL

Brad Hall

Founder & Baseball Instructor
Geaux Play Sports
Training and Fitness
Birmingham, AL

Andrew Hutchinson, PT, DPT, SCS

Physical Therapist
ATI Physical Therapy
Birmingham, AL

Morgan Ivey, PT, DPT, SCS

Board Certified Sports Physical Therapist
Champion Sports Medicine
Birmingham, AL

Aaron Joiner, DO

Orthopaedic Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Steve E. Jordan, MD

Orthopaedic Surgeon
Andrews Institute
Adjunct Professor
Florida State University
Gulf Breeze, FL

Daniel C. Kim, MD

Orthopaedic Surgeon &
Spine Specialist
Andrews Sports Medicine &
Orthopaedic Center
Birmingham, AL

Lenny Macrina, MSPT, SCS, CSCS

Physical Therapist
Certified Strength & Conditioning
Specialist
Co-Founder & Director of Physical
Therapy
Champion Physical Therapy and
Performance
Waltham, MA

Robert E. Mangine, PT, MEd, ATC

National Director of Sports Physical
Therapy Clinical Residency
NovaCare Rehabilitation
Senior Associate Athletics &
Physical Therapy Residence Director
Head Basketball Athletic Trainer
University of Cincinnati
Cincinnati, OH

Amadeus Mason, MD

Assistant Professor of Orthopaedics
Assistant Professor of Family Medicine
Emory Sports Medicine Center
Atlanta, GA

Manthan Mirani, MD

Primary Care Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Colin Nevins, MD

Orthopaedic Sports Medicine Fellow
Andrews Research & Education
Foundation
Gulf Breeze, FL

**Gretchen D. Oliver PhD, FISBS,
FACSM, ATC, CES**

Professor, School of Kinesiology
Sports Medicine & Movement Lab
Auburn University
Past-President, American Baseball
Biomechanics Society
Auburn, AL

José O. Ortega, MD

Non-Surgical Sports Medicine &
Orthopaedic Physician
Andrews Sports Medicine &
Orthopaedic Center
Fellowship Director
Primary Care Sports Medicine
American Sports Medicine Institute
Birmingham, AL

Robert Pagan Rosado, MD

Primary Care Sports Medicine Fellow
Andrews Research & Education
Foundation
Gulf Breeze, FL

Russ Paine, PT

Director of Rehabilitation Sports
Medicine
Department of Orthopaedic Surgery
McGovern Medical School
University of Texas Health Science
Center
Houston, TX

George A. Paletta, Jr., MD, MBA

Orthopaedic Surgeon
Performance Sports Medicine Institute
Team Orthopaedic Surgeon
St. Louis Cardinals
Kirkwood, MO

**Michael M. Reinold, DPT, ATC,
CSCS, C-PS**

MikeReinold.com
President and Co-Founder
Champion Physical Therapy and
Performance
Senior Medical Advisor
Chicago White Sox
Waltham, MA

Marcus A. Rothermich, MD

Orthopaedic Surgeon
Andrews Sports Medicine &
Orthopaedic Center
Birmingham, AL

Michael L. Ryan, ATC, CSCS

Athletic Trainer
Coach Safely
Encore Sports Medicine
Birmingham, AL

Nelson Santos, DO

Primary Care Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Jonathan Slowik, PhD

Research Biomechanist
American Sports Medicine Institute
Co-Founder & Director
American Baseball Biomechanics
Society
Birmingham, AL

John Smoltz

Former MLB Baseball Pitcher
1996 National League Cy Young
Award Winner
Alpharetta, GA

Cleo Stafford, MD, MS, RMSK

Assistant Professor
Orthopaedics, Physical Medicine
& Rehabilitation
Emory University School of Medicine
Head Team Physician
Atlanta Dream
Morehouse Athletics & Overtime Elite
Basketball
Atlanta, GA

Landon Stallings, MD

Orthopaedic Sports Medicine Fellow
Andrews Research & Education
Foundation
Gulf Breeze, FL

Yoshi Takeyama, DO

Primary Care Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

**Zach Thomas, PT, DPT, OCS, SCS,
CSCS**

Sports Physical Therapist
Piedmont Orthopedics & Sports
Medicine
Athens, GA

Cal Tinsley, MA, CSCS, SCCC

Tinsley Performance
Birmingham, AL

**Brian Tovin, PT, DPT, MMSc, SCS,
ATC, FAAOMPT**

Founder & Physical Therapist
The Sports Rehabilitation Center
Atlanta, GA

Nick Valencia, PT, DPT, OCS

Head Physical Therapist
Assistant Director of Player Health
Atlanta Braves
Atlanta, GA

Garrett Wallet, MD

Orthopaedic Sports Medicine Fellow
Andrews Research & Education
Foundation
Gulf Breeze, FL

Kenneth Wasserman, MD

Assistant Clinical Professor
Drexel University
Economics Chairman
Pennsylvania Academy of Dermatology
Advisory Board
American Academy of Dermatology
Founder, Major League Baseball
Skin Cancer Program
Team Dermatology Coordinator
Baltimore Orioles
Clinical Instructor
Jefferson University Hospital
Philadelphia, PA

John Weldy, MD

Orthopaedic Sports Medicine Fellow
American Sports Medicine Institute
Birmingham, AL

Kevin E. Wilk, PT, DPT, FAPTA

Co-Founder & Associate Clinical Director
Champion Sports Medicine
Vice President & National Director of
Clinical Education & Research
Select Medical – Physical Therapy
Division
Mechanicsburg, VA
Adjunct Assistant Professor
Marquette University
Programs in Physical Therapy
Milwaukee, WI
Director of Rehabilitation Research
American Sports Medicine Institute
Birmingham, AL



American Sports Medicine Institute

Needs Assessment:

The 2023 National Electronic Injury Surveillance System reported 140,005 emergency room visits due to baseball and softball related shoulder, elbow, trunk, lower arm, head, neck, foot, ankle, and facial injuries. When we consider non-emergency room injuries from all age groups and skill levels, we conclude there is a major need to teach diagnosis, treatment and management of these injuries.

Course Description:

This three-day course is for athletic trainers, biomechanists, physical therapists, sports physicians, orthopaedic surgeons, physiologists, strength and conditioning coaches, certified personal trainers and others who work with athletes in baseball.

Course Objectives:

At the conclusion of this program, the learner will be able to:

- Integrate anatomy with examination, treatment and rehabilitation of the baseball elbow
- Describe current advances in biomechanics and treatment of UCL injuries
- Discuss current advances in the rehabilitation of injuries to the throwing shoulder
- Identify and discuss current trends associated with strength and conditioning in baseball
- Integrate anatomy and biomechanics with examination, treatment and rehabilitation of the baseball shoulder
- Discuss current advances in treatment and rehabilitation of shoulder injuries
- Discuss current concepts related to biologics in baseball medicine
- Identify and discuss actions for coaches to reduce injury risk and improve performance in baseball and softball players
- Provide examples of current rehabilitation techniques for today's athlete
- Report current techniques in prevention of injuries in youth and high school baseball and softball pitchers
- Provide examples of current concepts in the treatment and rehabilitation of injuries to the hip, trunk and spine

Course Location:

Hyatt Regency Birmingham - The Wynfrey Hotel

1000 Riverchase Galleria
Birmingham, AL 35244

General Information:

Registration:

Hyatt Regency Birmingham – The Wynfrey Hotel

Pre-Function Area

Thursday, January 23, 2025	2:00 pm - 7:00 pm
Friday, January 24, 2025	6:30 am - 8:00 am
Saturday, January 25, 2025	6:30 am - 8:00 am
Sunday, January 26, 2025	7:00 am - 8:00 am

Continental Breakfast:

Friday, Saturday and Sunday mornings in the ASMI Exhibit Area during registration hours

Lunch and Dinner:

On your own

Registrants' Reception:

Friday, January 24, 2025 at 6:30 pm in the ASMI Exhibit Area

Course Cancellation:

We reserve the right to cancel this course

Non-Discrimination Statement:

The American Sports Medicine Institute does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. ASMI is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Accreditation:

CME

The American Sports Medicine Institute is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The American Sports Medicine Institute designates this live activity for a maximum of **20 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

BOC

The American Sports Medicine Institute (BOC AP#P400) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 20 hours/Category A CEUs. ATs should claim only those hours actually spent in the educational program.

NSCA

The American Sports Medicine Institute is approved by the National Strength and Conditioning Association (NSCA) to provide .08 CEU(s) in Category A for certified individuals attending approved sessions at this event.

State Boards

This continuing education program has been approved for 20 contact hours to submit to the Alabama Physical Therapy Association, the Arkansas Physical Therapy Association for 20 contact hours; the Louisiana Physical Therapy Board for 20 clinical contact hours, the Mississippi State Board of Physical Therapy for 20 clinical continuing competence (CC) units, the Ohio Physical Therapy Association for up to 20 CEUs, and the Texas Physical Therapy Association for 20 CCUs for PTs and PTAs.



American Sports Medicine Institute

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

FRIDAY

January 24, 2025

7:30 am

WELCOME

James R. Andrews, MD
Kevin E. Wilk, PT, DPT, FAPTA
Glenn S. Fleisig, PhD

SESSION I - ELBOW I

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

7:35 am

Moderator/Faculty Introductions

E. Lyle Cain, Jr., MD

7:40 am

VIDEO DEMONSTRATION

Elbow Anatomy

J. Houston Dove, MD
Aaron Joiner, DO

8:00 am

LIVE DEMONSTRATION

Clinical Examination of the Elbow

James R. Andrews, MD
E. Lyle Cain, Jr., MD

8:20 am

Anatomy and Diagnosis of the UCL

Christopher H. Garrett, MD

- 8:40 am** **Ulnar Nerve Issues in the Thrower**
Jeffrey R. Dugas, MD
- 9:00 am** **Non-Operative Treatment of Elbow Injuries**
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 9:20 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
- 9:40 am** **BREAK**

SESSION II - ELBOW II

- Objective:** **Describe current advances in biomechanics and treatment of UCL injuries**
- 10:00 am** **Moderator/Faculty Introductions**
Steve E. Jordan, MD
- 10:05 am** **Biomechanics of the UCL and UCL Surgery**
Glenn S. Fleisig, PhD
David P. Beason, MS
- 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** **UCL Revision Surgeries**
Jeffrey R. Dugas, MD
- 11:35 am** **Panel Discussion**
Moderator: Steve E. Jordan, MD
Glenn S. Fleisig, PhD
David P. Beason, MS
E. Lyle Cain, Jr., MD
George A. Paletta, Jr. MD, MBA
Jeffrey R. Dugas, MD

11:55 am **Keynote Address: A Discussion with John Smoltz: Staying Healthy on the Mound**
John Smoltz
James R. Andrews, MD
Glenn S. Fleisig, PhD
Kevin Wilk, PT, DPT, FAPTA

12:30 pm **LUNCH**

SESSION III - REHABILITATION

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

1:40 pm **Moderator/Faculty Introductions**
Kevin E. Wilk, PT, DPT, FAPTA

1:45 pm **Rehabilitation Following UCL Surgery: Hybrid, Reconstruction and Internal Brace**
Kevin E. Wilk, PT, DPT, FAPTA

2:05 pm **Rehabilitation Techniques to Enhance Dynamic Stabilization and Neuromuscular Control for Overhead Athletes**
Robert E. Mangine, PT, MEd, ATC

2:25 pm **Dry Needling, Cupping & Soft Tissue Techniques for the Thrower's Shoulder**
Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT

2:45 pm **Rehabilitation Guidelines for the Windmill Style Softball Pitcher**
Morgan Ivey, PT, DPT, SCS

3:05 pm. **Plyometrics in Baseball Specific Programs**
Russ Paine, PT

3:25 pm **Panel Discussion**
Moderator: Kevin E. Wilk, PT, DPT, FAPTA
Robert E. Mangine, PT, MEd, ATC
Sue Falsone, PT, MS, SCS, ATC, CSCS, COMT
Morgan Ivey, PT, DPT, SCS
Russ Paine, PT

3:45 pm **BREAK**

SESSION IV - STRENGTH & CONDITIONING

- Objective:** Identify and discuss current trends associated with strength training and conditioning in baseball
- 4:05 pm** **Moderator/Faculty Introductions**
Michael L. Ryan, ATC, CSCS
- 4:10 pm** **Biomechanics of Interval Throwing Programs**
Glenn S. Fleisig, PhD
- 4:30 pm** **Updated Interval Throwing Programs Based on Workload Data**
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 4:50 pm** **Weighted Baseball Training Programs - Part I**
Lenny Macrina, MSPT, SCS, CSCS
- 5:10 pm** **Weighted Baseball Training Programs - Part II**
Ryan DiPanfilo, ATC, CSCS
- 5:30 pm** **Effects of Resistance Training on Baseball Performance**
Rafael Escamilla, PhD, PT, CSCS, FACSM
- 5:50 pm** **Developing Speed in the Weightroom**
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
Lenny Macrina, MSPT, SCS, CSCS
Ryan DiPanfilo, ATC, CSCS
Rafael Escamilla, PhD, PT, CSCS, FACSM
Cal Tinsley, MA, CSCS, SCCC
- 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
E. Lyle Cain, Jr., MD
Glenn S. Fleisig, PhD
George A. Paletta, Jr., MD, MBA
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 8:00 am** **Goldberg Mueller Keynote Address on Injury Prevention: Critical Elements of Injury Prevention in Youth Baseball**
Marcus A. Rothermich, MD
Educational grant provided by USA Baseball

SESSION V - SHOULDER I

- Objective:** **Integrate anatomy and biomechanics with 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
Baylor Blickenstaff, MD
John Weldy, MD
- 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** **Non-Operative Rehabilitation Program for the Painful Thrower's Shoulder**
Lenny Macrina, MSPT, SCS, CSCS

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
Lenny Macrina, MSPT, SCS, CSCS

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

11:10 am **Capsular Tears in Throwing Athletes**
George A. Paletta, Jr., MD, MBA

11:30 am **Treatment Updates and Trends in PASTA (Partial Articular Supraspinatus Tendon Avulsion)**
Steve E. Jordan, MD

11:50 am **Rehabilitation Following Selected Shoulder Surgeries**
Russ Paine, PT

12:10 pm **Panel Discussion**
Moderator: James R. Andrews, MD
Marcus A. Rothermich, MD
George A. Paletta, Jr., MD, MBA
Steve E. Jordan, MD
Russ Paine, PT

12:30 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, MS, RMSK

2:10 pm **PPP for Muscle Injuries**

Robert L. Bowers, DO, PhD

2:30 pm **Adipose Aspirate for Musculoskeletal Injuries**

Josh Hackel, MD

2:50 pm **Bone Marrow Aspirate Concentrate for Musculoskeletal Injuries**

Amadeus Mason, MD

3:10 pm **Orthobiologics in Orthopaedic Surgeries**

Adam Anz, MD

3:30 pm **Rehabilitation after Orthobiologic Procedures**

Andrew Hutchinson, PT, DPT, SCS

3:50 pm **Panel Discussion**

Moderator: Ricardo Colberg, MD

Cleo Stafford, MD, MS, RMSK

Robert L. 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 M. 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?**
Moderator: Jonathan Slowik, PhD
Rafael Escamilla, PhD, PT, CSCS, FACSM
Glenn S. Fleisig, PhD
Brad Hall
Gretchen D. Oliver, PhD, FISBS, FACSM, ATC, CES
- 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** **GIRD Revisited: Is it a Contributing Factor to Shoulder & Elbow Injuries and Treatment?**
Kevin E. Wilk, PT, DPT, FAPTA

- 2:30 pm** **Technology in Baseball**
Kevin E. Wilk, PT, DPT, FAPTA
- 2:50 pm** **Hips, Legs & Core – Training Tips for
Baseball & Softball**
Cal Tinsley, MA, CSCS, SCCC
- 3:10 pm** **Neurocognitive Training in Sports**
Robert E. Mangine, PT, MEd, ATC
- 3:30 pm** **Designing and Implementing an Interval
Throwing Program**
Ryan DiPanfilo, ATC, CSCS
- 3:50 pm** **Neurocognitive Training in Baseball**
Zach Thomas, PT, DPT, OCS, SCS, CSCS
- 4:10 pm** **162 Games: Optimizing Player Health and
Performance Through a Long Season**
Nick Valencia, PT, DPT, OCS
- 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
Ryan DiPanfilo, ATC, CSCS
Zach Thomas, PT, DPT, OCS, SCS, CSCS
Nick Valencia, PT, DPT, OCS
Andrew Hutchinson, PT, DPT, SCS
- 5:10 pm** **ADJOURN**

SUNDAY

January 26, 2025

8:00 am **Keynote Address: 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 and Locker Room Dermatology**
Kenneth 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
Kenneth 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 A. Emblom, MD

10:30 am **Femoroacetabular Impingement (FAI)**

Benton A. Emblom, MD

10:50 am **Trunk Motion in Pitching and Hitting**

Glenn S. Fleisig, PhD

11:10 am **Risk Categorization of Sports Based on Frequency and Impact Forces of Spine Injuries**

Andrew Cordover, MD

11:20 am **The Kinetic Chain and Lumbar Spine Injuries**

Daniel C. Kim, MD

11:30 am **Rehab Considerations for Select Operative and Non-Operative Conditions of the Hip**

Michael S. Bagwell, PT, DPT, OCS, CMPT

11:50 am **Panel Discussion**

Moderator: Benton A. Emblom, MD

Glenn S. Fleisig, PhD

Andrew Cordover, MD

Daniel C. Kim, MD

Michael S. Bagwell, PT, DPT, OCS, CMPT

12:10 pm **CLOSING**

James R. Andrews, MD

Kevin E. Wilk, PT, DPT, FAPTA

Glenn S. Fleisig, PhD

12:15 pm **ADJOURN**

12:30 pm **POST-COURSE DISCUSSION: MLB DIVERSITY PIPELINE Exploring Opportunities and Career Paths in Professional Baseball for People from Underrepresented Demographics**

Tyrone Brooks



www.asmi.org

American Sports Medicine Institute

833 St. Vincent's Drive
Suite 101
Birmingham, AL 35205