



**43<sup>rd</sup> Annual**  
**Andrews Injuries in Baseball Course**

**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  
E. Lyle Cain, Jr., MD

George A. Paletta, Jr., MD, MBA  
Glenn S. Fleisig, PhD  
David P. Beason, MS  
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

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

1:50 pm Rehabilitation Following UCL Surgery: Hybrid, Reconstruction and Internal Brace  
Kevin E. Wilk, PT, DPT, FAPTA

2:10 pm Rehabilitation Techniques to Enhance Dynamic Stabilization and Neuromuscular Control for Overhead Athletes  
Robert E. Mangine, PT, MEd, ATC

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 Softball Pitcher  
Morgan Ivey, PT, DPT, SCS

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

3:30 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

3:50 pm      **BREAK**

**SESSION IV**  
**STRENGTH & CONDITIONING**

Objective:      Identify and discuss strength training and conditioning in baseball

4:10 pm      Moderator/Faculty Introductions  
Michael L. Ryan, ATC, CSCS

4:15 pm      Biomechanics of Interval throwing Programs  
Glenn S. Fleisig, PhD

4:35 pm      Updated Interval Throwing Programs Based on Workload Data  
Michael M. Reinold, DPT, ATC, CSCS, C-PS

4:55 pm      Weighted Baseball Training Programs - Part I  
Lenny Macrina, MSPT, SCS, CSCS

5:10 pm      Weighted Ball Training Programs - Part II  
Ryan DiPanfilo, ATC, CSCS

5:25 pm      Effects of Resistance Training on Baseball Performance  
Rafael Escamilla, PhD, PT, CSCS, FACSM

5:45 pm      Developing Speed in the Weightroom  
Cal Tinsley, MA, CSCS, SCCC

6:05 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

6:25 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  
George A. Paletta, Jr., MD, MBA  
Glenn S. Fleisig, PhD  
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-Op 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, MD

12:10 pm **Panel Discussion**  
Moderator: James R. Andrews, MD  
Marcus A. Rothermich, MD

## **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. Manging, PT, MEd, ATC

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

Nick Valencia, PT, DPT, OCS

Michael L. Ryan, ATC, CSCS

Ryan DiPanfilo, ATC, CSCS

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
- 10:30 am Femoroacetabular Impingement (FAI)  
Benton 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 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 Under-Represented Demographics  
Tyrone Brooks