



44th Annual
Andrews Injuries in Baseball Course
January 30 – February 1, 2026
Hyatt Regency Birmingham
The Wynfrey Hotel
Birmingham, AL

FRIDAY
January 30, 2026

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

SESSION I
ELBOW I

Objective: Integrate functional anatomy with 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
Andrew Gailey, MD
Tyler Tuerlings, MD

8:30 am **LIVE DEMONSTRATION**
Clinical Examination of the Elbow
James R. Andrews, MD
Keith Meister, MD
Kevin E. Wilk, PT, DPT, FAPTA

8:50 am Biomechanics of the UCL and UCL Surgery
Jonathan Slowik, PhD
David P. Beason, MS

- 9:20 am Non-Operative Rehabilitation of Elbow Injuries
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 9:40 am Epidemiology of UCL Injury in High Level Baseball
Marcus A. Rothermich, MD
- 10:00 am **Panel Discussion**
Moderator: E. Lyle Cain, Jr., MD
James R. Andrews, MD
Jonathan Slowik, PhD
David P. Beason, MS
Keith Meister, MD
Kevin E. Wilk, PT, DPT, FAPTA
Michael M. Reinold, DPT, ATC, CSCS, C-PS
Marcus A. Rothermich, MD
- 10:20 am **BREAK**

SESSION II

ELBOW II

- Objective: Describe current advances in biomechanics and treatment of UCL injuries
- 10:40 am Moderator/Faculty Introductions
James Andrews, MD
- 10:45 am Primary UCL Repair and Reconstruction
E. Lyle Cain, Jr., MD
- 11:05 am UCL Hybrid Surgery
Keith Meister, MD
- 11:25 am Revision UCL Surgery
Jeffrey R. Dugas, MD
- 11:45 am Rehabilitation of UCL Injury and Specific Elbow Surgeries
Kevin E. Wilk, PT, DPT, FAPTA
- 12:05 pm **Panel Discussion**

Moderator: James Andrews, MD
Keith Meister, MD
E. Lyle Cain, Jr., MD
Kevin E. Wilk, PT, DPT, FAPTA

12:25 pm **LUNCH**

SESSION III REHABILITATION

- Objective: Discuss current advances in the rehabilitation of injuries to the throwing shoulder
- 1:30 pm Moderator/Faculty Introductions
Kevin E. Wilk, PT, DPT, FAPTA
- 1:35 pm **LIVE DEMONSTRATION**
Assessing Shoulder Complex Range of Motion, Soft Tissue and Treatment: Pearls to Restore Motion and Flexibility
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 1:55 pm **LIVE DEMONSTRATION**
Manual Therapy Techniques to Enhance Dynamic Stability and Strength for the Thrower's Shoulder
Kevin E. Wilk, PT, DPT, FAPTA
- 2:15 pm Pathomechanics in Injury to the Medial Elbow in the Baseball Pitcher: The Role of the Flexor Mass
Keith Meister, MD
- 2:35 pm Rehab Techniques for the Scapulothoracic Complex
Russ Paine, PT
- 2:55 pm Recognition and Treatment of Thoracic Outlet Syndrome
Lenny Macrina, MSPT, CSCS
- 3:15 pm Dry Needling, Cupping, ATR Techniques, Muscle Energy and Other Treatments
Michael S. Bagwell, PT, DPT, OCS, CMPT
- 3:35 pm **Panel Discussion**
Moderator: Kevin E. Wilk, PT, DPT, FAPTA
Michael M. Reinold, DPT, ATC, CSCS, C-PS
Keith Meister, MD
Russ Paine, PT
Lenny Macrina, MSPT, CSCS
Michael S. Bagwell, PT, DPT, OCS, CMPT
- 3:55 pm **BREAK**

SESSION IV

STRENGTH and CONDITIONING

Objective: Identify and discuss current trends associated with strength training and conditioning in baseball

4:15 pm Moderator/Faculty Introductions
Rafael Escamilla, PhD, PT, CSCS, FACSM

4:20 pm Interval Throwing Programs
PJ Mainville, ATC

4:40 pm Recognition and Treatment of Latissimus Dorsi and Teres Major Strains
PJ Mainville, ATC

5:00 pm Training the Entire Body for Throwing Performance
Lenny Macrina, MSPT, CSCS or MLB Trainer

5:20 pm Training to Increase Velocity
Rafael Escamilla, PhD, PT, CSCS, FACSM

5:40 pm Screening Techniques and Developing Conditioning Programs
Cal Tinsley, MA, CSCS, SCCC

6:00 pm **Panel Discussion**
Moderator: Rafael Escamilla, PhD, PT, CSCS, FACSM
PJ Mainville, ATC
Lenny Macrina, MSPT, CSCS
Cal Tinsley, MA, CSCS, SCCC

6:20 pm **REGISTRANTS' RECEPTION**

SATURDAY

January 31, 2026

7:00 am **Roundtable Open Discussion: Strategies to Reduce Injuries in Baseball Pitchers at All Ages**
Moderator: Kevin E. Wilk, PT, DPT FAPTA

E. Lyle Cain, Jr., MD
Glenn S. Fleisig, PhD
PJ Mainville, ATC
Keith Meister, MD
Russ Paine, PT
Michael M. Reinold, DPT, ATC, CSCS, C-PS
Marcus A. Rothermich, MD

8:00 am **Goldberg Mueller Keynote Address on Injury Prevention:**
Injury Prevention in Professional Baseball - Insights from the Past 20
Years
Gary A. Green, 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
Moderator: Marcus A. Rothermich, MD

8:25 am **VIDEO DEMONSTRATION**
Shoulder Anatomy
Austin Broussard, MD
David Kantrowitz, MD

8:45 am **LIVE DEMONSTRATION**
Clinical Examination of the Shoulder
E. Lyle Cain, Jr., MD
Christopher H. Garrett, MD

9:05 am Biomechanics of the Shoulder in Pitching
Glenn S. Fleisig, PhD

9:25 am Injuries to the Anterior Capsule/Subscapularis Complex in Throwers:
Pathophysiology of Injury/Management
Keith Meister, MD

9:45 am Non-Operative Rehabilitation Programs for Specific Shoulder Injuries
Lenny Macrina, MSPT, CSCS

10:05 am **Panel Discussion**
Moderator: A. Rothermich, MD
E. Lyle Cain, Jr., MD
Christopher H. Garrett, MD
Glenn S. Fleisig, PhD
Keith Meister, MD
Lenny Macrina, MSPT, CSCS

10:25 am **BREAK**

SESSION VI SHOULDER II

Objective: Describe current advances in managing shoulder injuries

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

10:50 am Biceps/SLAP
Christopher H. Garrett, MD

11:10 am Rotator Cuff
Marcus A. Rothermich, MD

11:30 am Posterior Labral Complex Injuries in the Throwing Shoulder: Internal
Impingement vs Dynamic Posterior Instability
Keith Meister, MD

11:50 am Rehabilitation Following Specific Shoulder Surgeries (Debridement,
Repairs and More)
Kevin E. Wilk, PT, DPT, FAPTA

12:10 pm **Panel Discussion**
Moderator: James R. Andrews, MD
Christopher H. Garrett, MD
Marcus A. Rothermich, MD
Keith Meister, MD
Kevin E. Wilk, PT, DPT, FAPTA

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
ADOLESCENT ATHLETES**

Objective: Discuss current medical treatments for baseball and softball injuries in
adolescent athletes

2:00 pm Moderator/Faculty Introductions
Ricardo Colberg, MD

2:05 pm Non-Operative Treatment of Youth Elbow Injuries
Robert L. Bowers, DO, PhD

2:25 pm Advances in Ultrasound Guided Procedures
Ricardo Colberg, MD

2:45 pm Orthobiologics for Youth Injuries and Pathologies
Robert L. Bowers, DO, PhD

3:05 pm Non-Operative Treatment of Youth Shoulder Injuries
Jay Umarvadia, MD

3:25 pm Positive Long-Term Outcomes Following Non-Surgical Management of
Spondylolysis in Adolescents and Young Athletes
José O. Ortega, MD

- 3:45 pm Strength and Conditioning for Adolescent Baseball and Softball Players
Michael L. Ryan, ATC, CSCS
- 4:05 pm Locker Room Dermatology
Kenneth Wasserman, MD
- 4:25 pm **Panel Discussion**
Moderator: Ricardo Colberg, MD
Robert L. Bowers, DO, PhD
Jay Umarvadia, MD
José O. Ortega, MD
Michael L. Ryan, ATC, CSCS
Kenneth Wasserman, MD
- 4:45 pm **ADJOURN**

CONCURRENT SESSION VII-B REHABILITATION

- Objective: Identify and discuss current rehabilitation techniques relevant to today's athlete
- 2:00 pm Moderator/Faculty Introductions
Lenny Macrina, MSPT, CSCS
- 2:05 pm Comprehensive Arm Care: Building Resilience in the Throwing Arm
Lenny Macrina, MSPT, CSCS
- 2:25 pm Weighted Ball Training program: Where Are we today
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 2:45 pm Neurocognitive and Neuromuscular Rehabilitation:
Return to Throwing Testing
Kevin E. Wilk, PT, DPT, FAPTA
- 3:05 pm Interval Throwing Programs: Workload, Perceived, Radar Gun Programs
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 3:25 pm Biofeedback Techniques for the Throwing Athlete
Russ Paine, PT

- 3:45 pm Rehabilitation of Hamstring Strains
Ali Gordin, PT, DPT
- 4:05 pm Rehabilitation Principles and Techniques for the Female Softball Player
Morgan Ivey, PT, DPT, SCS
- 4:25 pm Rehabilitation of Mechanical Low Back Pain and Dysfunction
Michael S. Bagwell, PT, DPT, OCS, CMPT
- 4:45 pm **Panel Discussion**
Moderator: Lenny Macrina, MSPT, CSCS
Michael M. Reinold, DPT, ATC, CSCS, C-PS
Kevin E. Wilk, PT, DPT, FAPTA
Russ Paine, PT
Ali Gordin, PT, DPT
Morgan Ivey, PT, DPT, SCS
Michael S. Bagwell, PT, DPT, OCS, CMPT
- 4:45 pm **ADJOURN**

CONCURRENT SESSION VII-C
EMERGENCY MANAGEMENT IN PROFESSIONAL BASEBALL

- Objective: Demonstrate appropriate emergency assessment for injuries occurring during baseball activities
- 2:00 pm Moderator/Faculty Introductions
Gary A. Green, MD
- 2:05 pm Emergency Preparedness in Baseball
Ron Courson, DAT, ATC, PT, SCS, NRAEMT, CSCS
- 2:20 pm Emergency Assessment
Glenn R. Henry, MA, EMT-P
- 2:35 pm Preventing Exertional Incidents
Rod Walters, DA, LAT, ATC
- 2:55 pm New Concepts in Sudden Cardiac Arrest Management
Glenn R. Henry, MA, EMT-P

3:05 pm Emergency Medications
Ron Courson, DAT, ATC, PT, SCS, NRAEMT, CSCS

3:15 pm **Lab Demonstration**
Ron Courson, DAT, ATC, PT, SCS, NRAEMT, CSCS
Glenn R. Henry, MA, EMT-P
Rod Walters, DA, LAT, ATC
 Emergency Assessment
 High Quality CPR/AED
 Airway
 Exertional Heat Illness
 Emergency Medications
 Head and Spine Injury Management

4:45 pm **ADJOURN**

SUNDAY
February 1, 2026

SESSION VIII
LOWER EXTREMITY

Objective: Provide examples of current concepts in the treatment and rehabilitation of lower extremity injuries

8:00 am Moderator/Faculty Introductions:
Benton A. Emblom, MD

8:05 am Non-Operative Treatment of Select Hip, Core, and Lumbar Injuries
Ricardo Colberg, MD

8:25 am Femoroacetabular Impingement: Diagnosis and Treatment
Benton A. Emblom, MD

8:45 am Evaluation and Treatment of Hip and Core
Michael S. Bagwell, PT, DPT, OCS, CMPT

9:05 am ACL Rehabilitation: Key Concepts and Techniques
Russ Paine, PT

9:25 am Foot and Ankle Injuries in Baseball
Norman E. Waldrop, III, MD

9:45 am **Panel Discussion**
Moderator: Benton A. Emblom, MD
Ricardo Colberg, MD
Michael S. Bagwell, PT, DPT, OCS, CMPT
Russ Paine, PT
Norman E. Waldrop, III, MD

10:05 am **Special Lecture:** Skin Cancer Update
Kenneth Wasserman, MD

10:25 am **BREAK**

SESSION IX

BIOMECHANICS

- Objective: Apply biomechanics to injury prevention and performance enhancement
- 10:45 am Moderator/Faculty Introductions
James R. Andrews, MD
- 10:50 am Risk Factors for UCL Injury: A Prospective, Longitudinal Study of 305 Professional Baseball Pitchers
Glenn S. Fleisig, PhD
- 11:10 am How Flexibility and Functional Movement Ability Affect Pitching Biomechanics
Jonathan Slowik, PhD
- 11:30 am Pitching Biomechanics on Dirt vs Turf Mounds
Rafael Escamilla, PhD, PT, CSCS, FACSM
- 11:50 am “An Ounce of Prevention”: How Increased Ball Weight and Size Decrease Pitching Elbow Torque
Glenn S. Fleisig, PhD
- 12:10 pm The Future is Now? In-Game Pitching Biomechanics Compared to “Gold Standard” Lab Data
Gretchen D. Oliver PhD, FISBS, FACSM, ATC, CES
- 12:30 pm **Panel Discussion**
Moderator: James R. Andrews, MD
Glenn S. Fleisig, PhD
Jonathan Slowik, PhD
Rafael Escamilla, PhD, PT, CSCS, FACSM
Gretchen D. Oliver PhD, FISBS, FACSM, ATC, CES
- 12:50 pm **CLOSING**
James R. Andrews, MD
Kevin E. Wilk, PT, DPT, FAPTA
Glenn S. Fleisig, PhD

1:00 pm

ADJOURN