



**42nd Annual
Andrews Injuries in Baseball Course**

**January 26 –28, 2024
Hyatt Regency Birmingham
The Wynfrey Hotel
Birmingham, AL**

**FRIDAY
January 26, 2024**

7:30 am WELCOME
James R. Andrews, MD
Kevin E. Wilk, PT, DPT, FAPTA
Glenn S. Fleisig, PhD

**SESSION I
ELBOW I**

Objective: Identify current concepts associated with anatomy, biomechanics,
examination and treatment of the elbow

7:35 am Moderator/Faculty Introductions
James R. Andrews, MD

7:40 am VIDEO DEMONSTRATION
Elbow Anatomy
Christopher Garrett, MD
Austin Hardaway, MD

8:00 am Injury Rates in Baseball During the Past 15 Years – Are They Changing
Stan Conte, PT, DPT, ATC

8:20 am LIVE DEMONSTRATION
Clinical Examination of the Elbow
E. Lyle Cain, Jr., MD
James R. Andrews, MD

- 8:40 am Biomechanics of the UCL and UCL Surgery for Pitching
Glenn S. Fleisig, PhD
David P. Beason, MS
- 9:00 am **Keynote Address: Valgus Extension Overload**
James R. Andrews, MD
Educational grant provided by former fellows of James R. Andrews, MD
- 9:20 am Soft Tissue Injuries of the Elbow in Throwers
Steve E. Jordan, MD
- 9:40 am Nonoperative Rehabilitation of Baseball Elbow Injuries
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 10:00 am **Panel Discussion**
Moderator: James R. Andrews, MD
E. Lyle Cain, Jr., MD
Glenn S. Fleisig, PhD
David P. Beason, MS
Steve E. Jordan, MD
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 10:20 am **Major League Baseball Update**
John D'Angelo
- 10:35 am **BREAK**
- SESSION II**
ELBOW II – UCL
- Objective: Describe current advances in treatment and rehabilitation of injuries of the throwing elbow
- 10:55 am Moderator/Faculty Introductions
Marcus A. Rothermich, MD
- 11:00 am **Keynote Address: UCL Reconstruction: Outcomes at ASMI**
E. Lyle Cain, Jr., MD
Educational grant provided by Medical Properties Trust
- 11:20 am UCL Repair with Internal Brace Augmentation: Primary and Revision Surgery

Jeffrey R. Dugas, MD

11:45 am Technique Update and Graft Choice
Keith Meister, MD

12:05 pm Rehabilitation Following UCL Surgery: Repair, Reconstruction or Hybrid
Kevin Wilk, PT, DPT, FAPTA

12:25 pm **Panel Discussion**
Moderator: Marcus A. Rothermich, MD
E. Lyle Cain, Jr., MD
Jeffrey R. Dugas, MD
Keith Meister, MD
Kevin E. Wilk, PT, DPT, FAPTA

12:45 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 Soft Tissue, Dry Needling, IASTM Techniques for the Thrower
Lenny Macrina, MSPT, SCS, CSCS

2:10 pm Injuries to the Shoulder and/or Elbow What's Happening to the Brain and
Central Nervous System
Robert E. Mangine, PT, MEd, ATC

2:30 pm Criteria to Return to Play – Throwing: Objective Testing
Kevin E. Wilk, PT, DPT, FAPTA

2:50 pm Scapula Muscle Training & Postural Correction Exercises
Russ Paine, PT

3:10 pm Interval Throwing Programs: The Use of Technology & Workload
Management
Ryan DiPanfilo, ATC, CSCS

3:30 pm **Panel Discussion**
Moderator: Kevin E. Wilk, PT, DPT, FAPTA
Lenny Macrina, MSPT, SCS, CSCS
Robert E. Mangine, PT, MEd, ATC
Russ Paine, PT
Ryan DiPanfilo, ATC, CSCS

3:50 pm **BREAK**

SESSION IV
STRENGTH & CONDITIONING IN BASEBALL AND SOFTBALL

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

4:10 pm Moderator/Faculty Introductions
Rafael Escamilla, PhD, PT, CSCS, FACSM

4:30 pm Common Injuries to the Softball Player and Rehabilitation
Lynn Snyder-Mackler, ScD, PT, FAPTA

4:50 pm Training Softball Pitchers
Esi Atinkah, MS, ATC, LAT

5:10 pm Should There Be Pitch Counts in Softball?
Gretchen D. Oliver, PhD, FACSM, ATC, CES

5:30 pm The Science Behind the Interval Throwing Program
Michael J. Axe, MD

5:50 pm Plyometrics in Baseball: What Should Be Utilized and Why
Rafael Escamilla, PhD, PT, CSCS, FACSM

6:10 pm **Panel Discussion**
Moderator: Rafael Escamilla, PhD, PT, CSCS, FACSM
Lynn Snyder-Mackler, ScD, PT, FAPTA
Esi Atinkah, MS, ATC, LAT
Gretchen D. Oliver, PhD, FACSM, ATC, CES
Michael J. Axe, MD

6:30 pm **REGISTRANTS' RECEPTION**

SATURDAY
January 27, 2024

7:00 am Roundtable Open Discussion
What Do We Need to Do to Decrease the Rate of UCL Injuries?
Moderator: Kevin E. Wilk, PT, DPT FAPTA
James R. Andrews, MD
Jeffrey R. Dugas, MD
E. Lyle Cain, Jr., MD
Glenn S. Fleisig, PhD
Michael M. Reinold, DPT, ATC, CSCS, C-PS
Ryan DiPanfilo, ATC, CSCS
Keith Meister, MD
Stan Conte, PT, DPT, ATC

8:00 am Keynote Address: Femoroacetabular Impingement in Baseball Players
Benton Emblom, MD

SESSION V
SHOULDER I

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

8:20 am Moderator/Faculty Introductions
Jeffrey R. Dugas, MD

8:25 am VIDEO DEMONSTRATION
Shoulder Anatomy
Byron Detweiler, DO
Bradley Wham, MD

8:45 am LIVE DEMONSTRATION
Clinical Examination of the Shoulder
Steve E. Jordan, MD
David Lintner, MD

9:05 am Biomechanics of the Shoulder in Pitching
Jonathan Slowik, PhD

9:25 am **Keynote Address: Conservative Management of the Disabled Thrower's Shoulder**
David Lintner, MD

10:05 am Surgical Management of the Disabled Thrower's Shoulder
David W. Altchek, MD

10:25 am **Panel Discussion**
Moderator: Jeffrey R. Dugas, MD
Steve E. Jordan, MD
David Lintner, MD
Jonathan Slowik, PhD
David W. Altchek, MD

10:45 am **BREAK**

SESSION VI SHOULDER II

Objective: Identify and discuss the treatment and rehabilitation of injuries to the baseball shoulder

11:00 am Moderator/Faculty Introductions
David Lintner, MD

11:05 am Isolated Rotator Cuff Injuries
Jeffrey R. Dugas, MD

11:25 am Biceps Tendon Problems
David Altchek, MD

11:45 am Dynamic Posterior Shoulder Instability in Pitchers
Keith Meister, MD

12:05 am Rehabilitation Following Shoulder Procedures (SLAP, Cuff Repair, etc.)
Lenny Macrina, MSPT, SCS, CSCS

12:25 pm **Panel Discussion and Case Presentations**
Moderator: David Lintner, MD
Jeffrey R. Dugas, MD
David W. Altchek, MD

CONCURRENT SESSION VII-C REHABILITATION

Objective: Provide examples of current rehabilitation techniques for today's athlete

- 2:00 pm Moderator/Faculty Introductions
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 2:05 pm Techniques to Promote Recovery Performance
James Tersak, PT, DPT, SCS, CSCS
- 2:25 pm Techniques to Enhance Throwing Velocity (Weights, Cables, & Plyos)
Rafael Escamilla, PhD, PT, CSCS, FACSM
- 2:45 pm Rehabilitation of Hamstring Strains
Ryan DiPanfilo, ATC, CSCS
- 3:05 pm Weighted Baseball Throwing Programs: Does it Work and Is it Safe
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 3:25 pm How to Transition from Rehab to Throwing Programs
Russ Paine, PT
- 3:45 pm Core Training and Hips/Core Programs
Cal Tinsley, MA, CSCS, SCCC
- 4:05 pm Abdominal Injuries; Why So Many and Treatment Approaches
Stan Conte, PT, DPT, ATC
- 4:25 pm Dry Needling: Physiological Response & Techniques
Michael S. Bagwell, PT, DPT, OCS, CMPT
- 4:45 pm Rehabilitation of Patellofemoral Problems in Baseball Players
Lynn Snyder-Mackler, ScD, PT, FAPTA
- 5:05 pm **Panel Discussion**
Moderator: Michael M. Reinold, DPT, ATC, CSCS, C-PS
James Tersak, PT, DPT, SCS, CSCS
Rafael Escamilla, PhD, PT, CSCS, FACSM, PhD, DPT, ATC
Ryan DiPanfilo, ATC, CSCS
Russ Paine, PT
Cal Tinsley, MA, CSCS, SCCC

Stan Conte, PT, DPT, ATC
Michael S. Bagwell, PT, DPT, OCS, CMPT
Lynn Snyder-Mackler, ScD, PT, FAPTA
5:25 pm **ADJOURN**

SUNDAY
January 28, 2024

8:00 am **Goldberg Mueller Keynote Address on Injury Prevention:
Current Work by MLB, ASMI and Others to Reduce Pitching
Injuries**
Glenn S. Fleisig, PhD

SESSION VIII
YOUTH & HIGH SCHOOL BASEBALL

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

8:20 am Moderator/Faculty Introductions
James R. Andrews, MD

8:25 am Interval Throwing Programs for Softball and Adolescent Baseball
Lynn Snyder-Mackler, ScD, PT, FAPTA

8:45 am The Shortage of Umpires and Referees in Youth Sports
Michael J. Axe, MD

9:05 am Steroid Use in Adolescent Sports
Brian Parker

9:25 am Surgical Treatment of Growth Plate Injuries in the Throwing Elbow and Shoulder
Dustin Loveland, MD

9:45 am Panel Discussion
Moderator: James R. Andrews, MD
Lynn Snyder-Mackler, ScD, PT, FAPTA
Michael J. Axe, MD
Brian Parker

Dustin Loveland, MD

10:05 am **E. David Osinski Memorial Address for Adolescent Baseball**
Introduction: James R. Andrews, MD and Glenn S. Fleisig, PhD
Creating a Culture of Safety in Youth Sports
Wayne B. Moss

10:25 am BREAK

SESSION IX
HAND/WRIST AND FOOT/ANKLE

Objective: Provide examples of current concepts in the treatment and
rehabilitation of injuries to the wrist, hand, foot and ankle

10:45 am Moderator/Faculty Introductions
Benton Emblom, MD

10:50 am Wrist Pain in Baseball Players – Diagnosis and Treatment
Kathleen E. McKeon, MD

11:10 am Rehabilitation of Wrist and Hand Injuries
Kramer Hodges, OTRL, CHT

11:30 am Return to Sport after Ankle Injury
Norman Waldrop, MD

11:50 am Rehabilitation of Foot and Ankle Injuries/Return to Play Criteria
Jeremy Gsell, MS, ATC

12:10 pm **Panel Discussion**
Moderator: Benton Emblom, MD
Kathleen E. McKeon, MD
Kramer Hodges, OTRL, CHT
Norman Waldrop, MD
Jeremy Gsell, MS, ATC

12:30 pm CLOSING
James R. Andrews, M.D.
Kevin E. Wilk, PT, DPT, FAPTA
Glenn S. Fleisig, PhD

12:50 pm ADJOURN