



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
Jeffrey R. Dugas, MD

8:10 am VIDEO DEMONSTRATION
Elbow Anatomy
2 ASMI fellows

8:30 am LIVE DEMONSTRATION
Clinical Examination of the Elbow
James R. Andrews, MD
Keith Meister, MD

8:50 am Pathophysiology of Injury to the Medial Elbow
Keith Meister, MD

9:10 am Non-Operative Rehabilitation of Elbow Injuries
Michael M. Reinold, DPT, ATC, CSCS, C-PS

9:30 am Epidemiology of UCL Injury in High Level Baseball
 Marcus A. Rothermich, MD

9:50 am **Panel Discussion**
 Moderator: Jeffrey R. Dugas, MD
 James R. Andrews, MD
 Timothy Griffin, MD
 Michael M. Reinold, DPT, ATC, CSCS, C-PS
 Marcus A. Rothermich, MD

10:10 am **BREAK**

SESSION II

ELBOW II

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

10:30 am Moderator/Faculty Introductions
 Keith Meister, MD

10:35 am Biomechanics of the UCL and UCL Surgery
 Jonathan Slowik, PhD
 David P. Beason, MS

10:55 am Primary UCL Surgery in 2026 (Repair, Reconstruction & Hybrid)
 E. Lyle Cain, Jr., MD

11:15 am Revision UCL Surgery
 Jeffrey R. Dugas, MD

11:35 am Rehabilitation of UCL Injury and Specific Elbow Surgeries
 Kevin E. Wilk, PT, DPT, FAPTA

11:55 am **Panel Discussion**
 Moderator: Keith Meister, MD
 Jonathan Slowik, PhD
 David P. Beason, MS
 E. Lyle Cain, Jr., MD
 Jeffrey R. Dugas, MD
 Kevin E. Wilk, PT, DPT, FAPTA

12:15 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, & Treatment Pearls to Restore Motion & Flexibility
Michael M. Reinold, DPT, ATC, CSCS, C-PS
- 1:55 pm Manual Therapy Techniques to Enhance Dynamic Stability & Strength for the Thrower's Shoulder (Live Demonstration)
Kevin E. Wilk, PT, DPT, FAPTA
- 2:15 pm Rehab Techniques for the Scapulothoracic Complex
Russ Paine, PT
- 2:35 pm Recognition & Treatment of Thoracic Outlet Syndrome
Lenny Macrina, MSPT, SCS, CSCS
- 2:55 pm Rehabilitation Principles & Techniques for the Female Softball Player
Morgan Ivey, PT, DPT, SCS
- 3:15 pm Dry Needling, Cupping, ATR Techniques, Muscle Energy & 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
Russ Paine, PT
Lenny Macrina, MSPT, SCS, CSCS
Morgan Ivey, PT, DPT, SCS
Michael S. Bagwell, PT, DPT, OCS, CMPT
- 3:55 pm **BREAK**

SESSION IV

STRENGTH & 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 Plyometric Training Programs for Throwers
Nick Valencia, PT, DPT, OCS

4:40 pm Interval Throwing Programs
PJ Manville, ATC

5:00 pm Recognition and Treatment of Latissimus Dorsi and Teres Major Strains
PJ Manville, ATC

5:20 pm Training the Entire Body for Throwing Performance
Lenny Macrina, MSPT, SCS, CSCS or MLB Trainer

5:40 pm Training to Increase Velocity
Rafael Escamilla, PhD, PT, CSCS, FACSM

6:00 pm Screening techniques & Developing Conditioning Programs
Cal Tinsley, MA, CSCS, SCCC

6:20 pm **Panel Discussion**
Moderator: Rafael Escamilla, PhD, PT, CSCS, FACSM
Nick Valencia, PT, DPT, OCS
Michael Axe, MD or Cubs Trainer?
PJ Manville, ATC
Lenny Macrina, MSPT, SCS, CSCS
Cal Tinsley, MA, CSCS, SCCC

6:40 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 Manville, ATC
Keith Meister, MD
Marcus Rothermich, MD
- 8:00 am **Goldberg Mueller Keynote Address on Injury Prevention:**
Injury Prevention in Professional Baseball - Insights from the Past 20 Years
Gary 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: James R. Andrews, MD
- 8:25 am VIDEO DEMONSTRATION
Shoulder Anatomy
2 ASMI Fellows
- 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 Capsular Injuries / Latissimus Injuries
Keith Meister, MD

9:45 am Non-Operative Rehabilitation Programs for Specific Shoulder Injuries
Michael M. Reinold, DPT, ATC, CSCS, C-PS

10:05 am **Panel Discussion**
Moderator: James R. Andrews, MD
E. Lyle Cain, Jr., MD
Christopher H. Garrett, MD
Glenn S. Fleisig, PhD
Keith Meister, MD
Michael M. Reinold, DPT, ATC, CSCS, C-PS

10:25 am BREAK

SESSION VI SHOULDER II

Objective: Describe current advances in managing shoulder injuries

10:45 am Moderator/Faculty Introductions
Moderator: E. Lyle Cain, Jr., MD

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

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

11:30 am Labrum
Keith Meister, MD

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

12:10 pm **Panel Discussion**
Moderator: E. Lyle Cain, Jr, 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 adolescent athletes

2:00 pm Moderator/Faculty Introductions
Gary Green, MD

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

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

2:45 pm Orthobiologics for Youth Injuries and Pathologies
Robert 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 & 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: Gary Green, MD
Robert Bowers, DO, PhD
Ricardo Colberg, MD
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, SCS, CSCS

2:05 pm Comprehensive Arm Care: Building Resilience in the Throwing Arm
Lenny Macrina, MSPT, SCS, CSCS

2:25 pm Weighted Ball Training program: Where Are we today
Michael M. Reinold, DPT, ATC, CSCS, C-PS

2:45 pm Rehabilitation of Hamstring Strains
Nick Valencia, PT, DPT, OCS
Jordan Wolf, CSCS (??)

3:05 pm Biofeedback Techniques for the Throwing Athlete
Russ Paine, PT

3:25 pm. Return to Throwing Testing & Criteria
Kevin E. Wilk, PT, DPT, FAPTA

3:45 pm Rehabilitation of Mechanical Low Back Pain & Dysfunction
Michael S. Bagwell, PT, DPT, OCS, CMPT

4:05 pm Interval Throwing Programs:
Workload, Perceived, Radar Gun Programs

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

4:25 pm **Panel Discussion**
Moderator: Lenny Macrina, MSPT, SCS, CSCS
Michael M. Reinold, DPT, ATC, CSCS, C-PS
Nick Valencia, PT, DPT, OCS
Jordan Wolf, CSCS
Russ Paine, PT
Kevin E. Wilk, PT, DPT, FAPTA
Michael S. Bagwell, PT, DPT, OCS, CMPT

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, & Lumbar Injuries
Ricardo Colberg, MD

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

8:45 am Evaluation and Treatment of Hip & Core
Michael Bagwell, PT

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

9:25 am Foot & Ankle Injuries in Baseball
Norman Waldrop, MD

9:45 am **Panel Discussion**
Moderator: Benton A. Emblom, MD
Ricardo Colberg, MD
Michael Bagwell, PT
Russ Paine, PT
Norman Waldrop, MD

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

10:25 **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 Pitcher flexibility and elbow varus torque (Igbokwe study and Pearson
study combined)
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**