

WEDNESDAY 12·3·25

SESSION I:BASEBALL SHOULDER INJURIES 07.20-09.20AM

Moderated By Anthony A. Romeo, MD

06.30-07.15AM	**REGISTRATION & BREAKFAST WITH EXHIBITORS**
07.15- 07.20AM	Course Welcome and Instructions Christopher S. Ahmad, MD & Anthony A. Romeo, MD
07.20- 07.30AM	Pathophysiology of Throwing Injuries Brandon Erickson, MD
07.30- 07.55AM	Live Demonstration: Physical Examination of the Shoulder Panelists: John Conway, MD Nikhil N. Verma, MD George A. Paletta Jr, MD, MBA Mark Schickendantz, MD Michael M. Reinold, DPT Moderated By Anthony A. Romeo, MD
07.55- 08.20AM	MRI of Shoulder and Elbow Baseball Injuries Hollis G. Potter, MD
08.20- 08.30AM	Management of Internal Impingement and Rotator Disease in Throwers Nikhil N. Verma, MD
08.30- 08.40AM	Good SLAP vs. Bad SLAP: How Throwers Adapt and When and How to Fix John Conway, MD
08.40- 08.50AM	Bennet's Lesion: Diagnosis and Treatment Michael T. Freehill, MD
08.50- 09.00AM	Dynamic Posterior Instability John Conway, MD
09.00- 09.10AM	Management of the Failed SLAP Repair and Biceps Tenodesis Indications George A. Paletta Jr, MD, MBA
09.10- 09.20AM	Latissimus and Teres Major Injuries Anthony A. Romeo, MD
09.20-09.50AM	**COFFEE BREAK WITH EXHIBITORS**
09.50- 12.00PM	Case Presentations and Panel Discussion with Q&A Panel: Anthony A. Romeo, MD, Mark Schickendantz, MD, Kevin E. Wilk, DPT Michael M. Reinold, DPT Thomas J. Noonan, MD George A. Paletta, Jr., MD Christopher L. Camp, MD John Conway, MD Nikhil N. Verma, MD Tom Noonan MD Michael T. Freehill, MD Moderated By Christopher S. Ahmad, MD

SESSION I:CONTINUED 09.50-12.00PM

Moderated By Christopher Ahmad, MD



WEDNESDAY 12•3•25

SESSION II:UPPER EXTREMITY NERVE & VASCULAR ISSUES 01.00-01.10PM

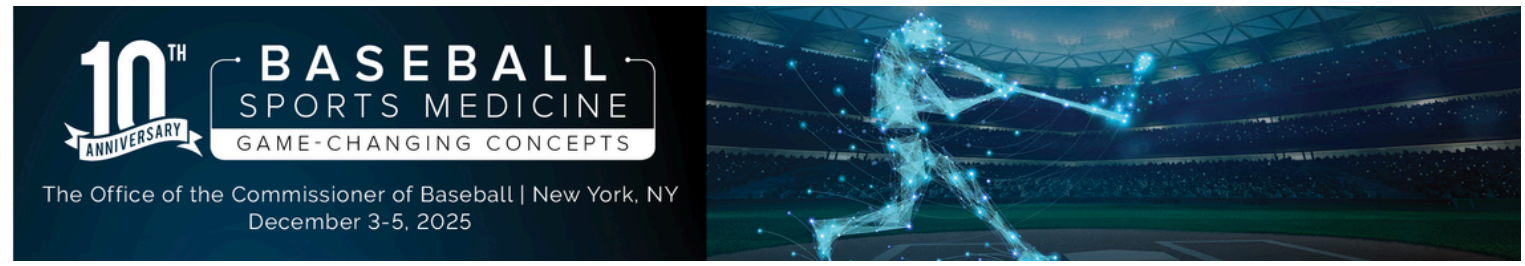
Moderated By Nikhil N. Verma, MD

12.00-01.00PM	**LUNCH BREAK**
01.00-01.10PM	Suprascapular Nerve Issues in Throwers Nikhil N. Verma, MD
01.10-01.25PM	Peripheral Nerve Imaging and Musculocutaneous Nerve Issues in Baseball Christopher Winfree, MD
01.25-01.40PM	Ultrasound Evaluation and Injection Strategies for Nerve Issues Christopher Visco, MD
01.40-02.00PM	Vascular Issues in Baseball: Aneurysms and Thrombosis Gregory Pearl, MD
02.00-02.20PM	Rethinking Neurogenic TOS: Redefining Diagnostic and Treatment Algorithms Using Arthroscopy Eric Wagner, MD
02.20-03.00PM	Case Presentations and Panel Discussion with Q&A Panel: Christopher Winfree, MD Gregory Pearl, MD Eric Wagner, MD Christopher Visco, MD Moderated By Nikhil N. Verma, MD

SESSION III:SHOULDER REHABILITATION 03.00-05.00PM

Moderated By Joseph Ciccone, DPT

03.00-03.20PM	Principles of Shoulder Rehab in Baseball David Colvin, PT, DPT, OCS, MS, ATC
03.20-03.30PM	Major League Soft Tissue Recovery Joseph Ciccone, DPT
03.30-03.45PM	Strength Training and Thoracic Outlet Syndrome: Is It Doing More Harm Than Good? Eric Cressey, MA, CSCS, RSCC*E
03.45-04.00PM	Rehabilitation of the Thrower's Shoulder: Medical Diagnosis vs. Movement Diagnosis Eric Schoenberg, DPT
04.00-04.20PM	Neurocognitive Training and Testing for the Upper Extremity: The Missing Rehab Component Kevin E. Wilk, PT, DPT, FAPTA
04.20-05.00PM	Case Presentations and Panel Discussion with Q&A Panel: Eric Cressey, MA, CSCS, RSCC*E Joseph Ciccone, DPT David Colvin, PT, DPT, OCS, MS, ATC Michael M. Reinold, DPT Eric Schoenberg, DPT Moderated By Kevin E. Wilk, PT, DPT, FAPTA
05.00PM	**SOCIAL GATHERING, NETWORKING**



THURSDAY 12•4•25

SESSION IV:BATTING INJURIES 07.20-09.20AM

Moderated By Christopher S. Ahmad, MD

07.00-07.20AM	**REGISTRATION & BREAKFAST WITH EXHIBITORS**
07.20-07.30AM	**Batting Science and Batting Metrics** Timothy Griffith, MD
07.30-07.50AM	**Batter's Shoulder and Oblique Strains** Michael M. Reinold, DPT
07.50-08.10AM	**ECU and TFCC in Batting** Steven Shin, MD
08.10-08.25AM	**Hand and Wrist Fractures including Hook of Hamate** Steven Shin, MD
08.25-08.45AM	**Batting Rehab and Batting Progressions** David Colvin, PT, DPT, OCS, MS, ATC
08.45-09.30AM	**Case Presentations and Panel Discussion with Q&A** Panel: Brandon Erickson, MD Michael M. Reinold, DPT Steven Shin, MD David Colvin, PT, DPT, OCS, MS, ATC Christopher L. Camp, MD Moderated By Christopher S. Ahmad, MD
09.30-09.50AM	**COFFEE BREAK WITH EXHIBITORS**
09.50-10.15AM	**Keynote: FAI Update** Bryan Kelly, MD
10.15-10.30AM	**Athletic Pubalgia Update** Mark Zoland, MD
10.30-10.40AM	**Baseball Spine Injuries: Spondylolysis** Joseph Lombardi, MD
10.40-10.50AM	**Baseball Spine Injuries: Disc Problems** Ronald Lehman, MD
10.50-11.00AM	**Hamstring Strains in Baseball** Michael M. Reinold, DPT
11.00-11.30AM	**Case Presentations and Panel Discussion with Q&A** Panel: Bryan Kelly, MD Mark Zoland, MD Ronald Lehman, MD Joseph Lombardi, MD Michael M. Reinold, DPT Moderated By Anthony A. Romeo, MD
11.30-11.40AM	**Meniscal Injuries** George A. Paletta Jr, MD, MBA
11.40-11.50AM	**Cartilage Injuries** Robert Najarian, MD

SESSION V: HIP, SPINE, & HAMSTRINGS 09.50-11.30PM

Moderated By Anthony A. Romeo, MD

SESSION VI 11.30-12:30PM

Moderated By Joseph Ciccone, DPT

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10TH ANNIVERSARY BASEBALL SPORTS MEDICINE
GAME-CHANGING CONCEPTS
The Office of the Commissioner of Baseball | New York, NY
December 3-5, 2025



THURSDAY 12•4•25

SESSION VI: KNEE INJURIES 11.30-12.30PM

Moderated By Joseph Ciccone, DPT

11.50-12.10PM	**ACL Injuries: Graft Choices and Outcomes** Jeffrey Dugas, MD
12.10-12.20PM	**Advanced Treatment for Patellar Tendinopathy** Steven B. Cohen, MD
12.20-12.30PM	**Knee Rehabilitation Principles and Practice** Joseph Ciccone, DPT
12.30-12.40PM	**Case Presentations and Panel Discussion with Q&A** Panel: George A. Paletta Jr, MD, MBA Robert Najarian, MD Jeffrey Dugas, MD Steven Cohen, MD Moderated By Joseph Ciccone, DPT
12.40-01.20PM	**LUNCH BREAK**

SESSION VII: FOOT AND ANKLE 01.20-02.20PM

Moderated By Anthony A. Romeo, MD

01.20-01.35PM	**Foot and Ankle Fractures** Robert Anderson, MD
01.35-01.45PM	**Achilles Tendon Injuries** Martin J. O'Malley, MD (unconfirmed)
01.45-01.55PM	**LisFranc Injuries in Baseball** Justin Greisberg, MD
01.55-02.20PM	**Tricky MTP Joints and Biologics** Aaron Mates, MD

SESSION VIII: BIOLOGICS & FORTEO 02.20-03.00PM

Moderated By Christopher S. Ahmad, MD

02.20-02.40PM	**Biologics and Forteo RoundTable** Panel: Martin J. O'Malley, MD Aaron Mates, MD Justin Greisberg, MD Robert Anderson, MD Nikhil N. Verma, MD Anthony A. Romeo, M.D. Peter Chalmers, MD Christopher L. Camp, MD Christopher Visco, MD Jeffrey Dugas, MD Moderated By Christopher S. Ahmad, MD
02.40-03.00PM	**BREAK WITH EXHIBITORS**

SESSION IX 03.00-04.00PM

Moderated By Anthony A. Romeo, MD

03.00-03.10PM	**Throwing Elbow Biomechanics** Brandon Erickson, M.D.
03.10-03.20PM	**Live Video Demonstration: Physical Exam of the Elbow** Panel: Christopher Camp, M.D. Mark Schickendantz, MD George A. Paletta Jr, MD, MBA Anthony A. Romeo, MD Thomas Noonan, MD Timothy Griffith, MD John Conway, MD Moderated By Christopher S. Ahmad, MD



THURSDAY 12•4•25

SESSION IX: ELBOW INJURIES – NON UCL
03.00-04.00PM

Moderated By Anthony A. Romeo, MD

03.20- 03.30PM	**Valgus Extension Overload** Thomas J. Noonan, MD
03.30- 03.40PM	**Olecranon Stress Fractures** John Conway, MD
03.40- 03.50PM	**Flexor Muscle and Tendon Injuries** Mark Schickendantz, MD
03.50- 04.00PM	**Difficult Ulnar Nerve Issues** Melvin P. Rosenwasser, MD

SESSION X: THROWING SCIENCE
04.00-05.30PM

Moderated By Anthony A. Romeo, MD

04.00- 04.15PM	**New Science on Force Generation with Pitching** Antonia Zaferiou, PhD
04.15- 04.30PM	**Elbow Evolution: The Future of Load Optimization** Keith Baar, PhD
04.30- 04.50PM	**Pitch Design: A Coach's Perspective** Mike McFerran
04.50- 05.00PM	**The Impact Pitch Design on Pitcher Performance and Injury Risk** Christopher Camp, MD
05.00- 05.10PM	**Pitching Grips: "Where's the Science in 2025?"** Michael T. Freehill, MD
05.10- 05.20PM	**The Role of Arm Angles to Elbow Flexor Muscles on UCL Injury** Peter Chalmers, MD
05.20- 05.30PM	**In-Game Fatigue Measures and Flexor Recovery** Michael T. Freehill, MD
05.30PM	**ADJOURN**



FRIDAY 12·5·25

SESSION XI: UCL SURGICAL TECHNIQUE. WHAT & THE WHY WITH REPAIR, RECONSTRUCTION, & HYBRIDS
07.30-09.00AM

Moderated By Anthony A. Romeo, MD

07.00-07.30AM	**BREAKFAST WITH EXHIBITORS**
07.30-07.45AM	UCL Repair and Reconstruction Biomechanics Christopher Camp, MD
07.45-08.00AM	UCL Repair: Surgical Technique and Outcomes Jeffrey Dugas MD
08.00-08.15AM	UCL Reconstruction: Technique Variations George A. Paletta Jr, MD, MBA
08.15-08.30AM	UCL Reconstruction: Hybrid Technique Christopher S. Ahmad, MD
08.30-09.00AM	Round Table with Cases on Emerging UCL Tear Patterns: Flexor Tendon Injuries, Sublime Tubercle Pathology, Acute-on-Chronic UCL Panel: Christopher Camp, MD Jeffrey Dugas, MD George A. Paletta Jr, MD, MBA John Conway, MD Timothy Griffith, MD Anthony A. Romeo, MD Thomas J. Noonan, MD Moderated By Christopher S. Ahmad, MD

SESSION XII: UCL OUTCOMES
09.00-09.40PM

Moderated By Christopher Camp, MD

09.00-09.10AM	Advanced Pitching Metrics: Outcomes After UCL Reconstruction Christopher S. Ahmad, MD
09.10-09.20AM	UCL Outcomes: Does Technique Matter? Christopher Camp, MD
09.20-09.30AM	Does Hybrid Improve Outcomes Compared with Traditional Tommy John? Timothy Griffith, MD
09.30-09.40AM	Outcomes of UCL Reconstruction in Position Players Brandon Erickson, MD
09.40-10.00AM	**BREAK WITH EXHIBITORS**

SESSION XIII
10.00-12:00PM

Moderated By George Paletta, MD, MBA

10.00-10.10AM	UCL Complications John Conway, MD
10.10-10.20AM	Epidemiology and Evaluation of Failed UCL Surgery Peter Chalmers, MD
10.20-10.30AM	UCL Revision: Failed UCL Repair Revised to Reconstruction Christopher S. Ahmad, MD
10.30-10.40AM	UCL Revision: UCL Reconsruction Revised with Repair Jeffrey Dugas, MD



FRIDAY 12·5·25

SESSION XIII: UCL COMPLICATIONS AND REVISION
10.00-12.00PM

Moderated By George A. Paletta Jr, MD, MBA

10.40-10.50AM — UCL Revision: UCL Reconstruction Revised with Reconstruction
George A. Paletta Jr, MD, MBA

10.50-11.50AM — Elbow Case Presentations and Panel Discussion with Q&A
Panel: John Conway, MD
Anthony A. Romeo, MD
Jeffrey Dugas, MD
George A. Paletta Jr, MD, MBA
Thomas J. Noonan, MD
Mark Schickendantz, MD
Christopher Camp, MD
Timothy Griffith, MD
Moderated By Christopher S. Ahmad, MD

11.50-01.00PM — **LUNCH BREAK**

01.00-01.20PM — MLB's Approach to Player Health and Safety
Jon Coyles, Senior Vice President, MLB Drug, Health, & Safety Programs
HONORED LECTURE

SESSION XIV: ELBOW REHAB
01.20-02.50PM

Moderated By Kevin E. Wilk, PT, DPT, FAPTA

01.20-01.35PM — Rehabilitation and Throwing Programs Following UCL Surgery
David Colvin, PT, DPT, OCS, MS, ATC

01.35-01.50PM — Interval Throwing Program Built Off Workload and How to Modify for UCL Repair and Hybrid UCL Reconstruction
Michael M. Reinold, DPT

01.50-02.10PM — Challenging Issues in UCL Rehab
Eric Schoenberg, DPT

02.10-02.25PM — What I've Learned in 40 Years of UCL Rehab
Kevin E. Wilk, PT, DPT, FAPTA

02.25-02.40PM — Round Table on Post-UCL Issues: My Elbow Is Sore. My Velo Is Down. I Need to Get Back Sooner.
Panel: David Colvin, PT, DPT, OCS, MS, ATC
Kevin E. Wilk, PT, DPT, FAPTA
Eric Schoenberg, PT
John Conway, MD
Michael T. Freehill, MD
Jeffrey Dugas, MD
Moderated By George A. Paletta Jr., MD, MBA

SESSION XV: SPECIAL ISSUES IN THE COLLEGIATE ATHLETE
02.40-03.20PM

Moderated By Lee Caplan, MD

02.40-02.50PM — College Workload Issues
Lee Kaplan, MD

02.50-03.00PM — How Players Transition from High School to College Baseball
Eric Cressey, MA, CSCS, RSCC*E

03.00-03.10PM — The MLB Combine and Concerns with the Amateur Throwing Shoulder and Elbow
Peter Chalmers, MD

03.10-03.20PM — Psychological Impact of Elbow UCL Injury
Christopher S. Ahmad, MD



FRIDAY 12·5·25

SESSION XVI: BASEBALL SPORTS SCIENCE 03.35-5:00PM

Moderated By Christopher S. Ahmad, MD

03.20-03.35AM	**BREAK WITH EXHIBITORS**
03.35- 03.50PM	Repetitive Sub-Concussion Effects on Performance and Physical Injury Ken Shubin Stein, MD
03.50- 04.10PM	Elevate the Game: Optimizing Tendon Health and Performance Keith Baar, PhD
04.10- 04.30PM	Peptides, NADs, and Supplements Demystified Michael A. Schmidt, PhD, MPhil, FAsMA
04.30- 04.45PM	Hyperbaric Oxygen Therapy in Baseball Health Ken Shubin Stein, MD
04.45- 05.00PM	Audience Question and Answer Christopher S. Ahmad, MD
05.00PM	**ADJOURN**