

**7th Annual
Baseball Sports Medicine: Game Changing Concepts
The Office of the Commissioner of Baseball
New York, New York
November 10 - 11, 2022**

THURSDAY, NOVEMBER 10, 2022

7:00 – 7:30 AM Registration and Breakfast with Exhibitors

7:25 – 7:30 Course Welcome and Instructions
Christopher S. Ahmad, M.D. and Anthony A. Romeo, M.D.

SESSION I: SHOULDER INJURIES

Moderator: Anthony A. Romeo, M.D.

7:30 – 7:40 Shoulder Anatomy
Christopher S. Ahmad, M.D.

7:40 – 7:55 Shoulder Throwing Biomechanics
Christopher L. Camp, M.D.

7:55 – 8:20 Live Demonstration: Physical Examination of the Shoulder
Moderator: Christopher S. Ahmad
Panel: Anthony A. Romeo, M.D., Keith Meister, M.D., George A. Paletta, M.D., Mark Schickendantz, M.D.

8:20 – 8:50 MRI of Shoulder and Elbow Baseball Injuries
Hollis G. Potter, M.D.

8:50 – 9:00 SLAP Repair Technique Evolution
Mark Schickendantz, M.D.

9:00 – 9:10 Management of Rotator Cuff Tears
Thomas J. Noonan, M.D.

9:10 – 9:20 Latissimus Injuries
Anthony A. Romeo, M.D.

9:20 – 9:30 Batter's Shoulder
Lee Kaplan, M.D.

9:40 – 9:50 Bennett's Lesion
George A. Paletta, M.D.

9:50 – 10:00 Subscapularis and Capsule Injuries
David W. Altchek, M.D.

10:00 – 10:30 Coffee Break with Exhibitors

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- 10:30 – 10:45 Management of the Failed SLAP Repair
Keith Meister, M.D.
- 10:45 – 12:30 PM Ankle Instability

Moderator: Christopher S. Ahmad, M.D.
Panel: Anthony A. Romeo, M.D., Mark Schickendantz, M.D., KKevin E. Wilk, PT, DPT, FAPTA, David Colvin, DPT, Thomas J. Noonan, M.D., Keith Meister, M.D., George A. Paletta, M.D., Lee Kaplan, M.D., Christopher L. Camp, M.D.

12:30 – 1:30 Lunch Break

SESSION II: SHOULDER REHABILITATION

Moderator: Kevin E. Wilk, PT, DPT, FAPTA

- 1:30 – 1:45 Principles of Shoulder Rehab
David Colvin, DPT
- 1:45 – 2:00 Major League Soft Tissue Modalities
Joe Ciccone, PT, DPT, SCS, OCS, CIMT, CSCS, FAAOMPT
- 2:00 – 2:15 Scapular Control: Implications for Health and High Performance
Eric Cressey
- 2:15 – 2:45 Neurocognitive Training and Testing for the Upper Extremity: The Missing Rehab Component
Kevin E. Wilk, PT, DPT, FAPTA
- 2:45 – 3:15 Case Presentations and Panel Discussion with Question and Answer

Moderator: Kevin E. Wilk, PT, DPT, FAPTA
Panel: Eric Cressey, Joseph Ciccone, DPT, CSCS, David Colvin, DPT, Michael Reinold, DPT
- 3:15 – 3:45 Coffee Break**

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SESSION III: COACHES CORNER AND SPORTS SCIENCE

Moderator: Christopher S. Ahmad, M.D.

3:45 – 4:00 What is Performance Science?

Lee Kaplan, M.D.

4:00 – 4:15 Ultrasound Imaging in the Training Room

Christopher J. Visco, M.D.

4:15 – 4:30 In Game Biomechanical Assessment

David Whitesides, Ph.D. and Gillian Weir, Ph.D.

4:30 – 4:50 Technology to Assist Return to Play

Thomas J. Noonan, M.D.

4:50 – 5:30 Question and Answer Session

Moderator: Christopher S. Ahmad, M.D.

*Panel: Kevin E. Wilk, PT, DPT, FAPTA, Lee Kaplan, M.D., Mark Schickendantz, M.D.,
Thomas J. Noonan, M.D.*

5:30 End of Session

5:30 – 6:30 Welcome Reception

Enjoy Cocktails and Light Hors D'oeuvres while Socializing with Colleagues

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FRIDAY, NOVEMBER 11, 2022

7:00 – 7:30 AM Registration and Breakfast with Exhibitors

SESSION IV: ELBOW INJURIES

Moderator: Anthony A. Romeo, M.D.

7:30 – 7:45	Elbow Anatomy Cadaver Video Demonstration <i>Christopher S. Ahmad, M.D.</i>
7:45 – 8:00	Elbow Biomechanics <i>Brandon J. Erickson, M.D.</i>
8:00 – 8:20	Live Video Demonstration: Physical Exam of the Elbow <i>Moderator: Christopher S. Ahmad, M.D.</i> <i>Panel: Keith Meister, M.D., Thomas J. Noonan, M.D., Jeffrey R. Dugas, M.D., Anthony A. Romeo, M.D.</i>
8:20 – 8:30	Valgus Extension Overload <i>Christopher S. Ahmad, M.D.</i>
8:30 – 8:40	Olecranon Stress Fractures <i>George A. Paletta, M.D.</i>
8:40 – 8:50	Ulnar Nerve Issues <i>Jeffrey R. Dugas, M.D.</i>
8:50 – 9:00	UCL Injury Epidemic, Causes and Prevention <i>Anthony A. Romeo, M.D.</i>
9:00 – 9:10	PRP and Biologics for UCL Tears <i>Thomas J. Noonan, M.D.</i>
9:10 – 9:20	Augmented UCL Repair <i>Jeffrey R. Dugas, M.D.</i>
9:20 – 9:40	UCL Reconstruction: Technical Variations <i>Christopher S. Ahmad, M.D.</i>
9:40 – 10:00	Coffee Break

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10:00 – 10:20	Rehabilitation and Throwing Programs Following UCL Surgery <i>David Colvin, DPT</i>
10:20 – 10:30	Outcomes of UCL Reconstruction <i>Christopher L. Camp, M.D.</i>
10:30 – 10:50	Revision UCL Reconstruction <i>Keith Meister, M.D.</i>
10:50 – 12:10	Case Presentations and Panel Discussion with Question and Answer <i>Moderator: Christopher Ahmad, M.D.</i> <i>Panel: Mark Schickendantz, M.D., George A. Paletta, M.D., Anthony A. Romeo, M.D., Jeffrey R. Dugas, M.D., Thomas J. Noonan, M.D., Lee Kaplan, M.D., Keith Meister, M.D., Christopher Camp, M.D.</i>
12:10 – 12:30	Honored Lecture: The History of the Docking Procedure <i>David W. Altchek, M.D.</i>
12:30 – 1:30	Lunch Break

SESSION V: ELBOW REHAB

Moderator: Anthony A. Romeo, M.D.

1:30 – 1:50	UCL Rehabilitation Today: What's the Consensus <i>Kevin E. Wilk, PT, DPT, FAPTA</i>
1:50 – 2:10	Strength and Condition Strategies following UCL Reconstruction <i>Eric Cressey</i>
2:10 – 2:20	Functional Assessment Criteria for Initiation of Throwing <i>Joseph Ciccone, DPT, CSCS</i>
2:20 – 2:40	Weighted Balls: Is the Risk Worth the Reward? <i>Michael Reinold, DPT</i>

SESSION VI: KNEE

2:40 – 3:05	Meniscal Injuries <i>George A. Paletta, M.D.</i>
3:05 – 3:20	Cartilage Injuries <i>Christopher L. Camp, M.D.</i>
3:20 – 3:30	ACL Injuries: Graft Choices and Outcomes <i>Jeffrey R. Dugas, M.D.</i>

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3:30 – 3:45	Patella Problems <i>Christopher S. Ahmad, M.D.</i>
3:45 – 4:00	Knee Rehabilitation Principles and Practice <i>Joe Ciccone, PT, DPT, SCS, OCS, CIMT, CSCS, FAAOMPT</i>
4:00 – 5:00	Case Presentations and Panel Discussion with Question and Answer <i>Moderator: Christopher S. Ahmad, M.D.</i> <i>Panel: Kevin E. Wilk, PT, DPT, FAPTA, Joe Ciccone, PT, DPT, SCS, OCS, CIMT, CSCS, FAAOMPT, Mark Schickendantz, M.D., George A. Paletta, M.D., Christopher L. Camp, M.D.</i>
5:00	End of Course