



**PRELIMINARY AGENDA  
(subject to change)**

<b>Wednesday, December 3, 2025</b>	
<b>6:30 AM</b>	<b>Registration and Breakfast</b>
<b>7:15 AM</b>	<b>Welcome and Housekeeping</b>
<b>7:20 AM</b>	<b>SESSION I: Baseball Shoulder Injuries</b>
	Pathophysiology of Throwing Injuries
	Live Demonstration: Physical Examination of the Shoulder
	MRI of Shoulder and Elbow Baseball Injuries
	Management of Internal Impingement and Rotator Disease in Throwers
	Good SLAP vs. Bad SLAP: How Throwers Adapt and When and How to Fix
	Bennet’s Lesion: Diagnosis and Treatment
	Dynamic Posterior Instability
	Management of the Failed SLAP Repair and Biceps Tenodesis Indications
	Latissimus and Teres Major Injuries
<b>9:20 AM</b>	<b>Coffee Break</b>
9:50 AM	Cases, Panel Discussion, and Q&A
<b>12:00 PM</b>	<b>Lunch</b>
<b>1:00 PM</b>	<b>SESSION II: Upper Extremity Nerve and Vascular Issues</b>
	Suprascapular Nerve Issues in Throwers
	Peripheral Nerve Imaging and the Musculocutaneous Nerve in Baseball
	Ultrasound Evaluation and Injection Strategies for Nerve Issues
	Vascular Issues in Baseball: Aneurysms and Thrombosis
	Rethinking Neurogenic TOS: Redefining Diagnostic and Treatment Algorithms Using Arthroscopy
	Cases, Panel Discussion, and Q&A
<b>3:00 PM</b>	<b>Coffee Break</b>
<b>3:30 PM</b>	<b>SESSION III: Shoulder Rehabilitation</b>
	Principles of Shoulder Rehab in Baseball
	Major League Soft Tissue Recovery
	Strength Training and TOS: Is It Doing More Harm Than Good?
	Rehabilitation of the Thrower’s Shoulder: Medical vs. Movement Diagnosis
	Neurocognitive Training and Testing for the Upper Extremity: The Missing Rehab Component
	Cases, Panel Discussion, and Q&A
<b>5:30 PM</b>	<b>Adjourn for the Day/Welcome Reception</b>

**Thursday, December 4, 2025**

<b>7:00 AM</b>	<b>Registration and Breakfast</b>
<b>7:20 AM</b>	<b>SESSION IV: Batting Injuries</b>
	Batting Science and Batting Metrics
	Batter's Shoulder
	Oblique Strains
	ECU and TFCC
	Hand and Wrist Fractures
	Batting Rehab and Progressions
	Cases, Panel Discussion, and Q&A
<b>9:30 AM</b>	<b>Coffee Break</b>
<b>9:50 AM</b>	<b>SESSION V: Hip, Spine, and Hamstring</b>
	Keynote Address: FAI Update
	Athletic Pubalgia Update
	Baseball Spine Injuries
	Muscle Strains in Baseball
	Cases, Panel Discussion, and Q&A
<b>11:30 AM</b>	<b>SESSION VI: Knee Injuries</b>
	Meniscal injuries
	Cartilage Injuries
	ACL Injuries: Graft Choices and Outcomes
	Advanced Treatment for Patellar Tendinopathy
	Knee Rehabilitation Principles and Practice
	Cases, Panel Discussion, and Q&A
<b>12:30 PM</b>	<b>Lunch</b>
<b>1:20 PM</b>	<b>SESSION VII: Foot and Ankle</b>
	Foot and Ankle Fractures
	Achilles Tendon Injuries
	Lisfranc Injuries in Baseball
	Tricky MTP Joints and Biologics
<b>2:20 PM</b>	<b>SESSION VIII: Biologics Round Table</b>
<b>2:40 PM</b>	<b>Coffee Break</b>
<b>3:00 PM</b>	<b>SESSION IX: Elbow Injuries: Non-UCL</b>
	Throwing Elbow Biomechanics
	Live Video Demonstration: Physical Exam of the Elbow
	Valgus Extension Overload
	Olecranon Stress Fractures
	Flexor Muscle and Tendon Injuries
	Difficult Ulnar Nerve Issues
<b>4:00 PM</b>	<b>SESSION X: Throwing Science</b>
	New Science on Force Generation with Pitching
	Elbow Evolution: The Future of Load Optimization
	Pitch Design: A Coach's Perspective
	The Impact of Pitch Design on Pitcher Performance and Injury Risk
	Grip Science
	The Role of Arm Angles to Elbow Flexor Muscles on UCL Injury

	In-Game Fatigue Measures and Flexor Recovery
<b>5:30 PM</b>	<b>Adjourn for the Day</b>

**Friday, December 5, 2025**

<b>7:00 AM</b>	<b>Registration and Breakfast</b>
<b>7:30 AM</b>	<b>SESSION XI: UCL Surgical Technique: The What and the Why with Repair, Reconstruction, and Hybrids</b>
	UCL Repair and Reconstruction Biomechanics
	UCL Repair Surgical Technique and Outcomes
	UCL Reconstruction Technique Variations
	UCL Reconstruction Hybrid Technique
	Round Table with Cases on Emerging UCL Tear Patterns
<b>9:00 AM</b>	<b>SESSION XII: UCL Outcomes</b>
	Advanced Pitching Metrics Outcomes After UCL Reconstruction
	UCL Outcomes: Does Technique Matter?
	Does Hybrid Improve Outcomes Compared with Traditional Tommy John?
	Outcomes of UCL Reconstruction in Position Players
<b>9:40 AM</b>	<b>Coffee Break</b>
<b>10:00 AM</b>	<b>SESSION XIII: UCL Complications and Revision</b>
	UCL Complications
	Epidemiology and Evaluation of Failed UCL Surgery
	UCL Revision: Failed UCL Repair Revised to Reconstruction
	UCL Revision: UCL Reconstruction Revised with Repair
	UCL Revision: UCL Reconstruction Revised with Reconstruction
	Cases, Panel Discussion, and Q&A
<b>12:00 PM</b>	<b>Lunch</b>
<b>1:00 PM</b>	<b>Honored Lecture: MLB's Approach to Player Health and Safety</b>
<b>1:30 PM</b>	<b>SESSION XIV: Elbow Rehab</b>
	Rehabilitation and Throwing Programs Following UCL Surgery
	Challenging Issues in UCL Rehab
	Interval Throwing Program Built Off Workload
	What I Learned in 40 Years of UCL Rehab
	Round Table: Post-UCL Issues
<b>2:35 PM</b>	<b>SESSION XV: Special Issues in the Collegiate Athlete</b>
	College Workload Issues
	How Players Transition from High School to College Baseball
	The MLB Combine and Concerns With the Amateur Throwing Shoulder and Elbow
	Psychological Impact of Elbow UCL Injury
<b>3:15 PM</b>	<b>Coffee Break</b>
<b>3:35 PM</b>	<b>SESSION XVI: Baseball Sports Science</b>
	Repetitive Sub-concussion Effects on Performance and Physical Injury
	Elevate the Game: Optimizing Tendon Health and Performance
	Peptides, NADs, and Supplements Demystified
	Hyperbaric Oxygen Therapy in Baseball Health
	Q&A
<b>5:00 PM</b>	<b>Course Adjourns</b>