



THURSDAY, NOVEMBER 21, 2019

7:00 AM – 7:30 AM Registration & Breakfast

7:30 AM – 11:50 AM Session I: Shoulder Injuries Anthony A. Romeo, MD

7:30 AM Shoulder Anatomy Cadaver Video Demonstration Christopher S. Ahmad, MD

7:40 AM Shoulder Throwing Biomechanics Brandon Erickson, MD

8:00 AM Physical Examination of the Shoulder (Live Demonstration) Anthony A. Romeo, MD

Keith Meister, MD

Mark Schickendantz, MD

George Paletta, MD

8:20 AM MRI of Shoulder and Elbow Baseball Injuries Hollis Potter, MD

8:40 AM SLAP Repair Technique Evolution Michael G. Ciccotti, MD

8:50 AM Management of Rotator Cuff Tears Thomas Noonan, MD

9:00 AM Bennett’s Lesion: Diagnosis and Management George Paletta, MD

9:10 AM Biceps Tenodesis: My Indications and Concerns Keith Meister, MD

9:30 AM Technique Spotlight: Latissimus Repair Anthony A. Romeo, MD

9:40 AM Shoulder Instability in Position Players Christopher S. Ahmad, MD

9:50 AM Shoulder Injury Specific Rehabilitation David Colvin, DPT

10:10 AM – 10:40 AM Coffee Break with Exhibitors

Anthony A. Romeo, MD

Christopher S. Ahmad, MD

Mark Schickendantz, MD

10:40 AM Case Presentations and Panel Discussion with Q&A Michael G. Ciccotti, MD

Kevin E. Wilk, PT, DPT, FAPTA

David Colvin, DPT

Thomas Noonan, MD

Keith Meister, MD

11:40 AM – 12:00 PM Keynote Speaker

12:00 PM – 1:00 PM Lunch

1:00 PM – 3:00 PM Session II: Shoulder Rehabilitation Kevin E. Wilk, PT, DPT, FAPTA

1:00 PM Preparing Pitchers for Their Start Steven Donohue, MD

1:10 PM Functional Assessment Criteria for Initiation of Throwing Adrian J. Yenchak, DPT, CSCS

1:20 PM Major League Soft Tissue Modalities Joseph Ciccone, MD

1:30 PM Preseason and in Season Baseball Specific Workouts Kevin E. Wilk, PT, DPT, FAPTA

Mark Schickendantz, MD

Michael S. Schuk, PT, ATC

2:00 PM Case Presentations and Panel Discussion with Q&A Kevin E. Wilk, PT, DPT, FAPTA

Adrian J. Yenchak, DPT, CSCS

Joseph Ciccone, MD

Steven Donohue, MD

3:00 PM – 3:30 PM Coffee Break with Exhibitors



THURSDAY, NOVEMBER 21, 2019

3:30 PM – 4:55 PM	Session III: Coaches Corner & Sports Science	Mark O’Neal, AT
3:30 PM	Wearable Technology in Baseball	Mark O’Neal, AT
3:45 PM	What I Look for When I Believe a Pitcher Has a Health Issue	Coach Danny Borrell
4:00 PM	Current Concepts in Workload Monitoring: When Does a Day Off Prevent Injury and Enhance Performance?	Mark O’Neal, AT
4:15 PM	Case Presentations and Panel Discussion with Q&A	Mark Schickendantz, MD Kevin E. Wilk, PT, DPT, FAPTA Coach Danny Borrell Michael G. Ciccotti, MD Brandon Erickson, MD Mark O’Neal
4:55 PM	Adjourn for the Day	
4:55 PM – 6:00 PM	Welcome Reception	

FRIDAY, NOVEMBER 22, 2019

7:00 AM – 7:30 AM	Registration & Breakfast	
7:30 AM – 11:55 AM	Session IV: Elbow Injuries	Christopher S. Ahmad, MD
7:30 AM	Elbow Anatomy Cadaver Video Demonstration	Christopher S. Ahmad, MD
7:45 AM	Elbow Biomechanics	Brandon Erickson, MD
8:00 AM	Physical Exam of the Elbow (live video demonstration)	Keith Meister, MD Thomas Noonan, MD George Paletta, MD
8:20 AM	Valgus Extension Overload	David Altchek, MD
8:40 AM	Ulnar Nerve Issues	Jeffrey R. Dugas, MD
8:50 AM	Flexor Pronator Strain, Epicondylitis, and Avulsion	Keith Meister, MD
9:00 AM	Panel Discussion with Q&A	Christopher S. Ahmad, MD Thomas Noonan, MD Anthony A. Romeo, MD Jeffrey R. Dugas, MD David Altchek, MD George Paletta, MD
9:15 AM	UCL Injury Epidemic, Causes, and Prevention	Anthony A. Romeo, MD
9:25 AM	Non-Operative Treatment of UCL Tears	Thomas Noonan, MD
9:35 AM	Augmented UCL Repair	Jeffrey R. Dugas, MD
9:45 AM	UCL Reconstruction: Technical Variations	Christopher S. Ahmad, MD
9:55 AM – 10:15 AM	Coffee Break with Exhibitors	
10:15 AM	Rehabilitation and Throwing Programs Following UCL Surgery	David Colvin, DPT
10:30 AM	Outcomes of UCL Reconstruction	Michael G. Ciccotti, MD
10:40 AM	Pitching Flaws and UCL Injury	Brandon Erickson, MD
10:50 AM	Revision UCL Reconstruction	George Paletta, MD
11:05 AM	The Pitch Registry	Christopher S. Ahmad, MD



FRIDAY, NOVEMBER 22, 2019

11:15 AM	Case Presentations and Panel Discussion with Q&A	Christopher S. Ahmad, MD Mark Schickendantz, MD Michael G. Ciccotti, MD George Paletta, MD Anthony A. Romeo, MD Jeffrey R. Dugas, MD Thomas Noonan, MD David Altchek, MD Mark O'Neal, AT Keith Meister, MD
12:15 PM – 1:15 PM	Lunch	
1:15 PM – 3:10 PM	Session V: Knee	Christopher S. Ahmad, MD
1:15 PM	Meniscal Injuries	George Paletta, MD
1:30 PM	Cartilage Injuries	Keith Meister, MD
1:45 PM	ACL Injuries	Jeffrey R. Dugas, MD
2:00 PM	Patella Problems	Christopher S. Ahmad, MD
2:15 PM	Knee Rehabilitation	Joseph Ciccone, MD
2:30 PM	Case Presentations and Panel Discussion with Q&A	Christopher S. Ahmad, MD Kevin E. Wilk, PT, DPT, FAPTA Adrian J. Yenchak, DPT, CSCS Joseph Ciccone, MD George Paletta, MD Jeffrey R. Dugas, MD Mark Schickendantz, MD Steven Donohue, MD
3:10 PM – 3:25 PM	Coffee Break with Exhibitors	
3:25 PM – 4:55 PM	Session VI: Adolescent Issues and Biologics	Keith Meister, MD
3:25 PM	Adolescent Pitching Mechanics and Pitch Counts	Brandon Erickson, MD
3:35 PM	Baseball Specialization and Injury Prevention in Youth Baseball	Christopher S. Ahmad, MD
3:45 PM	Special Considerations for the Collegiate Baseball Player	George Paletta, MD
4:00 PM	How I Use Biologics	Keith Meister, MD
4:15 PM	Case Presentations and Panel Discussion with Q&A	Christopher S. Ahmad, MD Kevin E. Wilk, PT, DPT, FAPTA Mark Schickendantz, MD Anthony A. Romeo, MD George Paletta, MD Brandon Erickson, MD
4:55 PM	Course Adjourns	