



MLB 2016 Winter Meetings Academic Agenda

National Harbor Maryland

Friday December 2nd
4 pm - 6pm

Emerging Performance Technologies in Baseball: Implementation and Implications

5:00 Introduction

Christopher S. Ahmad, MD

5:05 Practical Guide to Using the HITS System

Stan Conte, DPT, ATC

5:20 Scientific Value of Emerging Baseball Technology

Glenn Fleisig, PhD

5:45 Labor Relation Issues with Baseball Technology

Jon Coyles

6:00 Panel Discussion and Q and A

Struan Coleman , MD, John Coyles, Gary Green, MD, Glenn Fleisig, PhD, Lonnie Soloff, DPT, ATC, Steve Donohue , ATC, Matthew Krause, Stan Conte, DPT, Regan Wong, PT

TECHNOLOGIES for discussion

- Pitching
- Hitting
- Running
- Workload/Fatigue
- Functional Assessments
- Wearable Technologies
- Concussion

MLB 2016 Winter Meetings Academic Agenda

National Harbor Maryland

Saturday December 3th

7:00 am **Registration**

7:30 **Welcome and Introduction:** *Kathleen Weber, MD*

SHOULDER INJURIES

Moderator: *Christopher S. Ahmad, MD*

7:40 **Lewis Yocum Memorial Lecture:** Team of Teams –The Evolution of Medical Teams in Professional Baseball
Gene Monahan, ATC

7:55 **Physical Exam Video Spotlight:** The Throwing Shoulder Examination Pearls
Nik Verma, MD

8:05 Case: Outfielder with Traumatic Shoulder Dislocation: Indications and Technique, and Return to Play
Christopher S. Ahmad, MD

8:20 Post Pitching Recovery with Modalities - Cupping, Graston, Blood Flow Restriction,
Michael Schuk, DPT, ATC

8:30 **Research Highlight:** Single Sport Specialization in Elite Athletes
Michael Ciccotti, MD

8:40 My Top 5 Changes to SLAP Repair Strategy in Last 5 Years
David Lintner, MD

8:50 Thoracic Outlet Syndrome in the Elite Pitcher
Robert W. Thompson, MD

9:10 **Case Presentation and Panel Discussion**

Moderator: Keith Meister, MD

Panel: Steven Lemos, MD , Thomas Noonan, MD Nik Verma, MD , Keith Meister, MD, ,Michael Ciccotti, MD, Michael Schuk, DPT, ATC, David Lintner, MD, Nick Kenny, ATC

CASES

- Anterior capsule tears

- Failed SLAP
- Bennett Lesion
- OCD of glenoid

10:10 **Shoulder Survey Responses**

10:15 **Break**

ELBOW UPDATES

Moderator: *Michael Ciccotti, MD*

10:30 Ulnar Nerve Issues with Case Examples
Jan Fronek, MD

10:40 **Research Highlight:** UCL Tear Location Affects Elbow Biomechanics and Clinical Prognosis
Marc Schickendantz, MD

10:50 **Video Spotlight:** UCL Repair Technique
Christopher S. Ahmad, MD

11:00 Rehabilitation Following UCL Surgery. Is it Changing and Why?
Stan Conte, DPT, ATC

11:10 **Research Highlight:** Innings Limits - Science and Practice
Anthony Romeo, MD

11:20 **Frank Jobe Memorial Lecture: Failed UCL Reconstruction and Revision Strategies**
Keith Meister, MD

11:40 **Case Presentations and Panel Discussion**

Moderator: *Christopher S. Ahmad, MD*

Panel: *Michael Ciccotti, MD, Steve Donohue, ATC, Jan Fronek, MD, Kevin Rand, ATC, Mark Schickendantz, MD, Anthony Romeo, MD*

- *UCL chronic changes and VEO*
- *Stiffness, Heterotopic Ossification after UCL Reconstruction*
- *Immediate Graft failure after UCL Reconstruction*
- *Late Graft failure after UCL Reconstruction*

12:20 **Elbow Survey Responses**
Christopher S. Ahmad, MD

12:30 **Lunch**

RESEARCH

Moderator: *Gary Green, MD*

1:30 **RESEARCH UPDATE**
Gary Green, MD and John D'Angelo

1:40 **Research Questions and Answers**
Gary Green, MD and John D'Angelo

Spine, Hip, and Lower Half Conditioning Issues Baseball

Moderator: *Struan Coleman, MD*

1:50 Baseball Specific Spine Injuries
Ronald Lehman, MD

2:10 **Physical Exam Video Spotlight:** Physical Examination of the Hip, Core
Muscle Deficiency, and Kinetic Chain
Struan Coleman, MD

2:20 Hill Training Optimizes Lower Half Conditioning
Matt Krause

2:30 **Questions and Discussion**

2:45 **Break**

MEDICAL TOPICS and PRACTICE MANAGEMENT

Moderator: **Paul Lee, MD**

3:00 IV Hydration, Sideline Oxygen, Cryogenic Chambers: Evidence and
Practice Guidelines
Michael N. Sawka, PhD

Alcohol Problems

- 3:20 Alcohol Problems in MLB: Diagnosis and Treatment
Larry Westreich, MD
- 3:25 Case Presentation and Round Table Discussion:
Paul Lee, MD, Stephen Adams, MD, Larry Westreich, MD, Steve Donohue, ATC, Jamie Reed, ATC, Kathy Weber, MD, Gary Green, MD
- 3:40 **Case Based Medical Challenges in Professional Baseball Panel**
Moderator: *Paul Lee, MD*
Panel: Kathy Weber, MD, Edward Snell, MD, Stephen Adams, MD
- 4:15 Practice Management Complexities Involved with Caring for a Baseball Club
Xavier Duralde, MD
- 4:30 Practical Tips on Ultrasound in the Office and Training Room
Christopher Visco, MD
- 4:50 Breakout Session: Hands on Ultrasound Training Session
Instructor: Christopher Visco, MD
- 6:00 **Adjourn**
- 6:30 **RECEPTION**