

## Planning Committee

Burton Rogers, EDD, MBA, ATC, PTA, CSCS

Aaron Sage, MA, ATC, AT

Anil Gupta, MD, MBA

### **Mercy Health — Toledo Regional Continuing Medical Education**

James Tita, DO

Teresa A. Mersereau, MBA, CHCP

Rita Darfour, MHA

India Bass, BHA

## Faculty

Anil Gupta, MD

Burton Rogers, EDD, MBA, ATC, PTA, CSCS

Matt Rankin, MS, ATC

Kirk Davis, DO

Enise Momah, MD

Dean Taylor, MS, ATC

## Accreditation and Designation Statement

Mercy Health — Toledo Regional Continuing Medical Education is accredited by the Ohio State Medical Association (OSMA) to provide continuing medical education for physicians.

Mercy Health — Toledo Regional Continuing Medical Education designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credits™*. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

The Ohio Nursing Board will accept a continuing education activity that has been approved or provided by a nationally recognized accreditation system of continuing education. The amount of continuing education credit designated on a certificate issued by the provider or approval body will be the amount accepted by the board.

OT, AT and PT approval pending.



Mercy Health — St. Vincent Medical Center  
2213 Cherry Street  
Toledo, Ohio 43608



Mercy Health — Orthopaedics and Sports Medicine presents

# Pathology and Biomechanical Corrections in the Throwing Athlete



**Saturday, January 19, 2019**  
**7:30 am – 3:30 pm**

**Hull Prairie Intermediate School**  
25480 Hull Prairie Road, Perrysburg, OH 43551



## Agenda

7:30 a.m. – 8 a.m.

### Registration

8:00 a.m. – 8:50 a.m.

### Baseball Player's Twelve Month Strength and Conditioning Program

Matt Rankin, ATC

8:50 a.m. – 9:00 a.m.

### Breakout Session

9:00 a.m. – 9:50 a.m.

### The Disabled Shoulder Diagnosis and Management

Anil Gupta, MD, MBA

9:50 a.m. – 10:10 a.m.

### Break

10:10 a.m. – 11:00 a.m.

### The Elbow and its Vulnerability in the Throwing Athlete

Enise Momoh, MD

11:00 a.m. – 11:50 a.m.

### The Hip and Knee: Potential Pathologies to the Throwing Athlete

Kirk Davis, DO

11:50 a.m. – 12:00 a.m.

### Questions and Answer

12:00 p.m. – 12:30 p.m.

### Lunch Break

12:30 p.m. – 1:20 p.m.

### The Application of Dartfish Filming Technique to Enhance Performance and Minimize Injury

Burton Rogers, Ed.D. M.Ed. MBA, ATC (MI and Ohio), PTA, CSCS

12:20 p.m. – 1:30 p.m.

### Questions and Answer

1:30 p.m. – 2:20 p.m.

### Functional Assessment of the Overhead Athlete

Dean Taylor, MS, ATC

2:20 p.m. – 3:15 p.m.

### Panel Discussion

3:15 p.m. – 3:30 p.m.

### Evaluation and Adjourn

## Target Audience

Baseball and softball players, coaches and professionals who deal with the treatment of baseball and softball related injuries.

## Purpose

The implementation of evidenced based practices is a critical component for minimization of throwing injuries. A thorough understanding of the biomechanical factors which may lead to upper extremity and shoulder injury is essential for safe participation. A comprehensive program of evidenced based practices in conjunction with the application of advanced filming technology creates avenues for performance enhancement and injury rate reduction.

## Objectives

Upon completion of this course, participants will be able to:

- List critical structures within the Glenohumeral joint affected by repeated high velocity throwing
- Draw clinical conclusions from injured anatomical structures
- Convert the acronym SICK Scapulae to descriptive anatomical terms
- Apply their anatomical knowledge to determine the location and attachments of the Ulnar Collateral Ligament
- Execute proper evaluation techniques to determine the integrity of the Ulnar Collateral Ligament

- List and differentiate common proximal attachments of the medial epicondyle and its vulnerability to the youth thrower
- Identify key anatomical structures in the hip and knee which are vulnerable to injury/overuse in the throwing athlete
- Review and translate FAI
- Anatomically differentiate a Cam Lesion from a Pincer pathology and its impact on pitching mechanics
- Discuss the importance of rest and recovery between seasons.
- Review the importance of total body conditioning assisting in in-season injury prevention.
- Discuss the importance of in-season shoulder maintenance programs during the competitive season
- List the benefits of filming analysis of throwing mechanics
- Apply the overhead view of the Dartfish application to identify proper hip and shoulder separation.
- Utilize Dartfish to determine proper stride length to the plate
- Define the Pitching Biomechanical Signature
- List and define the Windows of Trainability
- List the 4 components of Neuromuscular Developmental Training Progressions

## Registration

### Pathology and Biomechanical Corrections in the Throwing Athlete

Pre-registration is required. Seating is limited.

#### Course Fee

Includes course, course materials, Educational Credit, Continental Breakfast and Lunch.

Mercy Clinicians.....\$25.00

Non-Mercy Clinicians.....\$100.00

Individual Coach,

Parent, Player .....\$100

Coach +1 .....\$75.00 per participant

Coach +2 or more .....\$50 per participant

#### How to Register Online:

1. Visit our online registration site at [MH-Toledo-cme.eventbrite.com](http://MH-Toledo-cme.eventbrite.com)
2. Select course and follow instructions
3. You will receive an immediate e-mail confirmation.
4. Print the e-mailed confirmation for your records. It is recommended to bring this print-out with you to the conference.
5. Registration will close on January 17, 2019.

#### Cancellations

All cancellations must be in writing and sent to us via US mail, fax, or email (contact information below). All cancellations must be postmarked by January 17, 2019. No refunds will be made after January 17, 2019.

To pay by check, mail to:

Attn: Rita Darfour, MHA

Mercy Health - St. Vincent Medical Center

CME Department, MOB 1, Suite 204

2213 Cherry Street, Toledo, OH 43608

If you have any questions regarding the registration process, contact Rita Darfour at: [Mhtoledo-cme@mercy.org](mailto:Mhtoledo-cme@mercy.org)