

Mechanics of Throwing and Common Injuries in Throwing Athletes

Date: Monday May 16, 2016

Michael Parlatore PT, DPT

This one hour lecture will introduce the biomechanics of throwing and the muscular activation that support high level throwing. It will further outline common pathology and injury and relate the likely source of those injuries in persons who participate in sports that require throwing activities particularly pitchers and quarterbacks.

Target Audience: Physical Therapists and Athletic Trainers

Learning Objectives: At the conclusion of this lecture the participants will be able to:

1. Describe the phases of throwing motion and 2 key events that occur at each phase
2. Describe the muscle activation during each phase of throwing
3. Identify 3 common injuries that occur in throwing athletes

Agenda:

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|-----------------|--------------------------|
| 5:30 to 6:00 PM | Registration and Sign In |
| 6:00 to 7:00 PM | Lecture |

Cost: \$10.00

To Register go to www.mossrehabconference.com **Registration is Required**

Location: **Conference Room G1 and G2 MossRehab**

60 Township Line Road Elkins Park, PA 19027

CEU provided: **1 contact hour = 1.0 BOC CEU's**

1 Contact hour = 0.1 PA State Board of Physical Therapy CEU's



MossRehab/Einstein Healthcare Network (BOC AP #P10044) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 1 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Disclosures: Mike Parlatore PT, DPT and the planners of this education activity have no financial or non financial conflict of interest to disclose.

Cancellation Policy:

All cancellations must be submitted to the MossRehab in writing. Please explain the circumstances of the cancellation in a fax or e-mail to ensure a timely response. For cancellations up to 7 days prior to the course there is a \$50 non-refundable administrative processing fee. For cancellations less than 7 days prior to the course, there are no refunds.

MossRehab will reimburse you the cost of the registration, if we have to cancel a course due to low enrollment, weather, or an emergency situation. We are not responsible for any other costs associated with attending a conference. If you are on the waiting list of a course and do not get in, we will not charge your credit card; if you paid by check we will send the check back to you. In the event that a course is rescheduled we will provide you the option of applying the tuition to-