COURSE DATE: March 13 – 14, 2020

Register Online: http://bit.ly/ce12481

TITLE: Comprehensive Treatment of the Overhead Athlete: Integration of Technology with Clinical Evaluation and Rehabilitation

DESCRIPTION:
Explore evaluation strategies for overhead athletes including proximal screening and motion analysis. Then dive into treatment techniques ranging from manual therapy, therapeutic exercise, and biomechanics retraining. This course will integrate current understandings of evaluation and diagnostic skills with the video-based biomechanical evaluation of the overhead throwing motion. Paired with advanced manual and exercise based rehabilitation techniques, and an understanding and avoidance of high risk training exercises, this course will provide the practitioner with foundational knowledge needed to care for overhead athletes ranging from youth to professional groups.

OUTCOMES:

• Understand the epidemiology of shoulder and elbow pain and injury in the overhead athlete population.
• Identify activities and training paradigms that are associated with the highest risk of injury in overhead athletes.
• Identify the most effective evaluation techniques for diagnosis of neck, shoulder, and elbow injury in overhead athletes.
• Learn how to integrate biomechanical and technological information into the comprehensive evaluation of overhead athletes.
• Critically evaluate emerging therapeutic trends and performance aids that are ever present in the sports medicine and performance training worlds affecting throwing athletes
• Review injury prevention strategies for overhead athletes including monitoring training loads, pitch counts, biomechanical faults, and avoidance of harmful training aids.

INSTRUCTORS: Andrew Naylor, PT, DPT, SCS and Jesse Krzyzanowski, PT, DPT, SCS

Andrew is a board-certified sports physical therapist with over 10 years of experience caring for athletes at the high school, collegiate and professional level. He works at Bellin Health at the Titletown location with clinical interests including upper extremity rehabilitation for the overhead athlete, dry needling, performance enhancement and manual therapy techniques. He completed his physical therapy degree and his sports physical therapy residency program at Ohio State, and has had sports medicine experience with the Cincinnati Reds and the United States Olympic Committee.

Jesse is a board-certified sports physical therapist employed with Bellin Health at the Titletown location in Green Bay. He has been practicing in an outpatient setting for 8 years. He has a passion for working with the overhead athlete and directs the overhead athlete programming at Bellin’s Movement Performance Lab. He has clinical interests including manual therapy, biomechanics, and the evaluation and treatment of hip, knee and shoulder disorders. He obtained his sports physical therapy specialty certification in 2016.

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LEVEL: Intermediate

AUDIENCE: OTs, OTAs, PTs, PTAs, and ATs, MDs, DOs, CSCS

AGENDA:

Day One:
- 7:30-8:00 Registration, Introduction, Welcoming Remarks
- 8:00-8:30 Overview of the Throwing Motion
- 8:30-9:00 Red Flags and Cervical Screening
- 9:00-10:00 Clinical Shoulder and Elbow Evaluation
- 10:00-11:00 Motion Analysis for Assessment of Throwing Athletes
- 11:00-12:00 Case Study Review, Clinical Reasoning
- 12:00-12:45 Lunch (on your own)
- 12:45-1:00 Morning Review
- 1:00-1:45 Manual Therapeutic Techniques for Overhead Athletes
- 1:45-2:30 Manual Therapy Lab
- 2:30-3:15 Advanced Therapeutic Exercise Principles
- 3:15-4:00 Therapeutic Exercise Lab

Day Two:
- 7:30-8:00 Review Day 1 Concepts, Q and A
- 8:00-9:00 Evaluation and Treatment of the Softball Pitcher
- 9:00-10:00 Motion Analysis Case Review/Lab
- 10:00-11:00 Post-Surgical Rehabilitation - Labrum, Cuff and Tommy John
- 11:00-12:00 Data-Based Reviews of Interval Throwing Programs
- 12:00-12:45 Lunch
- 12:45-1:00 Morning Wrap Up
- 1:00-2:00 Strength and Conditioning Principles
- 2:00-3:00 Controversial Topics in in Baseball Training

FOCUS: Domain of OT: Client Factors  Occupational Therapy Process: Intervention and Outcomes
Course # - 12481
Pricing - $500 before 2/13/2020; $550 after 2/13/2020
CEUs – 13.5 CE Contact Hours (1.35 CEUs)

LOCATION: UW-Milwaukee Continuing Education, Plankinton Building, 7th Floor, 161 West Wisconsin Avenue, Milwaukee, WI 53203

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