

REGISTRATION FORM

Name _____
Degree(s) _____
Mailing Address _____
City _____ State _____ Zip _____
Phone _____ Fax _____
Email _____

In Person Zoom

COURSE FACULTY

Course Director: Eric Bowman, MD, MPH
Vanderbilt University Medical Center

Nicholson Chadwick, MD
Vanderbilt University Medical Center - Radiology

Charlie Cox, MD, MPH
Vanderbilt Sports Medicine

Peter Chalmers, MD
University of Utah

Alex Diamond, MD
Vanderbilt Sports Medicine

Michael Freehill, MD
Stanford University School of Medicine

W. Ben Kibler, MD, FACS
Lexington Clinic Orthopaedics

Jed Kuhn, MD
Vanderbilt Sports Medicine

Lance LeClere, MD
Vanderbilt Sports Medicine

Bryson Nakamura, PhD
Stanford University School of Medicine

Skip Nipper
Baseball Historian and Author

Anthony Romeo, MD
DuPage Medical Group Westmont, Illinois

Stephen Schaaf, MD
Vanderbilt University Medical Center

Leon Scott, MD
Vanderbilt Sports Medicine

Matthew Smith, MD
Washington University Orthopaedics

Jaron Sullivan, MD
Vanderbilt Sports Medicine

Nickolas Strasser, MD
Vanderbilt University Medical Center – Foot & Ankle

Doug Weikert, MD
Vanderbilt University Medical Center – Hand & Upper Extremity

Kevin Wilk, DPT, FAPTA
Wilks Physical Therapy Institute



Skip Nipper - Guest Speaker

Skip Nipper is a renowned baseball historian and author of the book "Baseball in Nashville". Skip Nipper has been a member of the Society for American Baseball Research (SABR) since 2002, serving on SABR's Bio Project, Ballpark, and Minor League committees. He is a member of the Nashville Old Timers Baseball Association.

REGISTRATION FEE

Physicians: \$250

Allied Health Professionals: \$100

Pay Online: <https://vanderbiltbaseballconference.eventbrite.com>
or mail a check to the address below

CONTACT INFORMATION

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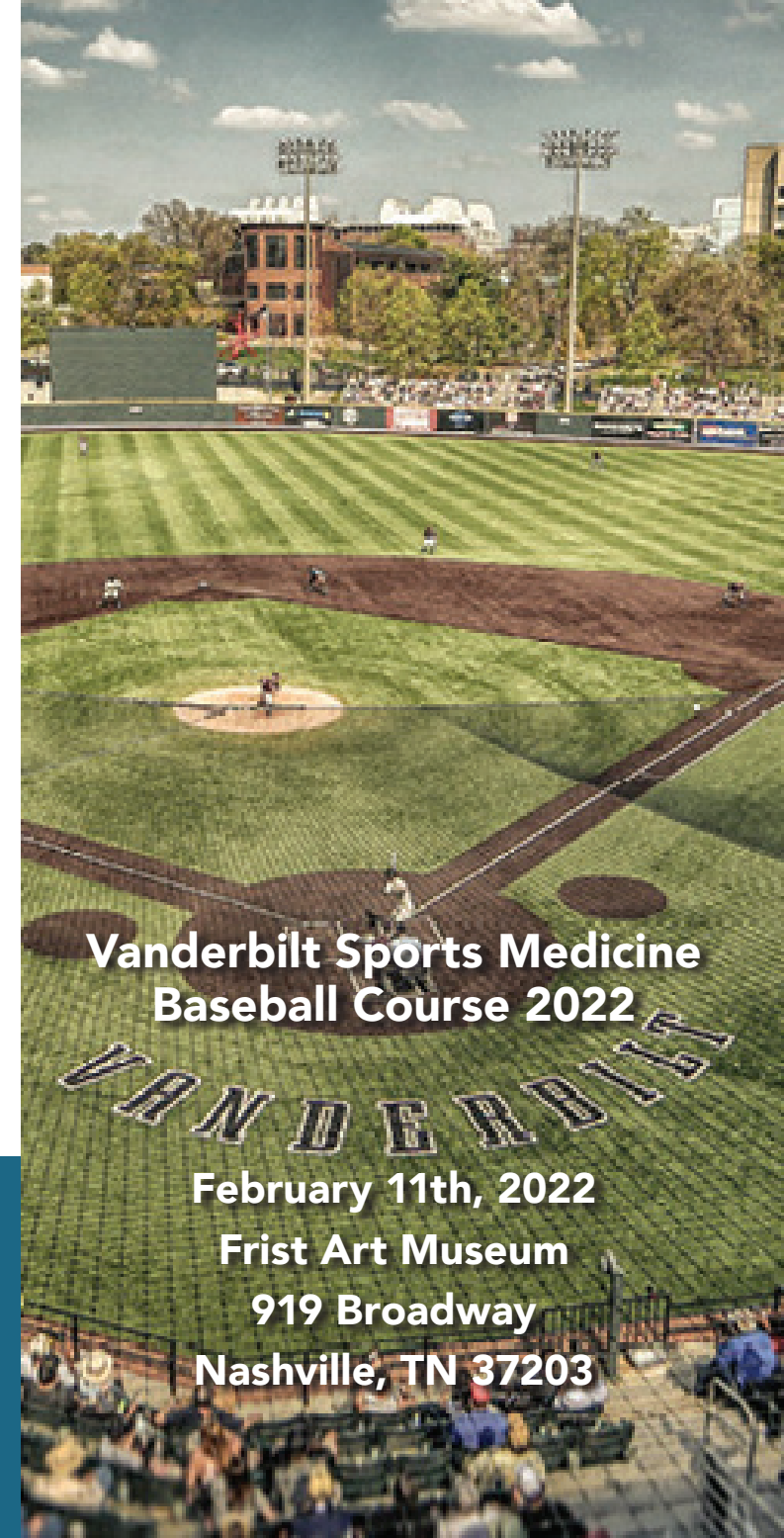
VANDERBILT UNIVERSITY®

Vanderbilt Sports Medicine
Baseball Course 2022

February 11th, 2022

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**Vanderbilt Sports Medicine
Baseball Course 2022**

February 11th, 2022

Frist Art Museum

919 Broadway

Nashville, TN 37203

VANDERBILT UNIVERSITY
MEDICAL CENTER

7:00 - 8:00 Registration and Breakfast
7:25 **Welcome and Introductions**
Eric Bowman, MD

Top of the 1st – Leading off

7:30 – 7:45 The Thrower's Shoulder and Elbow - Adaptation or Pathology?
A review of anatomy with a focus on adaptive changes in the overhead athlete
Eric Bowman, MD

7:45 – 8:00 It's Black and White (and Shades of Gray) – Case based imaging of the shoulder and elbow
Nicholson Chadwick, MD

8:00 – 8:15 Doc, it hurts! – Case based physical exam of the thrower
Leon Scott, MD
W. Ben Kibler, MD

8:15 – 8:30 Discussion / Questions for anatomy, imaging, and physical exam
Eric Bowman, MD
Nicholson Chadwick, MD
W. Ben Kibler, MD
Leon Scott, MD

2nd Inning – Back-to-Back

8:30 – 8:45 Stay grounded! Why the Scapula Matters
Matthew Smith, MD

8:45 – 9:00 The Disabled Throwing Shoulder (version 3.0)
W. Ben Kibler, MD

9:00 – 9:15 What Else is in the Posterior Shoulder Besides the Labrum??
Michael Freehill, MD

9:00 – 9:15 Discussion / Questions for the scapula and throwing shoulder
Matthew Smith, MD
W. Ben Kibler, MD
Michael Freehill, MD

9:00 **-- Break and Exhibits--**

3rd Inning – Middle of the Lineup

9:15 The Biceps - Inside and Out
Anthony Romeo, MD

9:35 Clinically Significant Labral Injury - Beyond the SLAP Tear
W. Ben Kibler, MD

9:55 The Unstable Throwing Shoulder
Lance LeClere, MD

10:05 Discussion / Questions for biceps and the labrum
Anthony Romeo, MD
W. Ben Kibler, MD
Lance LeClere, MD

10:10 **-- Break and Exhibits--**

4th Inning – Batting Cleanup

10:20 Applied Biomechanics - Motor learning and skill acquisition
Bryson Nakamura, PhD

10:35 Shoulder Rehab - Keys to rehabilitation of the throwing shoulder: specific guidelines from youth players to professionals
Kevin Wilk, DPT

11:05 Discussion / Questions for biomechanics and shoulder rehabilitation
Bryson Nakamura, PhD
W. Ben Kibler, MD
Kevin Wilk, DPT

5th Inning – Double Play!

11:10 Around the Horn – The History of Medicine in Baseball
Jed Kuhn, MD

11:25 Keynote Speaker – The History (and Future) of Baseball in Nashville
Skip Nipper

11:45 Talking points – A discussion regarding baseball medicine and Nashville's baseball past
Jed Kuhn, MD
Skip Nipper

12:00 **-- Lunch and Exhibits --**

6th Inning – A Trip to the Mound

12:30 Little Leaguers – Protecting our Youth Athletes
Alex Diamond, MD

12:40 Adolescent Pitcher Fatigue – when is too much?
Michael Freehill, MD

12:50 Pitcher Workload – Take the day off
Peter Chalmers, MD

1:00 Being a Team Player – An integrated approach to supporting our athletes
Bryson Nakamura, PhD

1:15 Discussion / Questions for protecting our athletes
Alex Diamond, MD
Michael Freehill, MD
Peter Chalmers, MD
Bryson Nakamura, PhD

7th Inning Stretch!

1:20 Management of Capitellar Osteochondritis Dissecans
Matthew Smith, MD

1:30 Ulnar Collateral Ligament – the Biomechanics
Michael Freehill, MD

1:40 How Good are We? – UCL evaluation, outcomes
Peter Chalmers, MD

1:50 The UCL – to repair, to reconstruct, or both?
Anthony Romeo, MD

2:10 Discussion / Questions for the elbow
Matthew Smith, MD
Michael Freehill, MD
Peter Chalmers, MD
Anthony Romeo, MD

2:15 **-- Break and Exhibits--**

Heading into the 8th

2:25 UCL Rehabilitation – Non-operative and post-operative rehab following UCL injury / surgery with return to throwing criteria - After 2500+ what have I learned!
Kevin Wilk, DPT

2:55 Case Based Discussion –
Group participation, panel led discussion
Moderator: Charlie Cox, MD, MPH
Peter Chalmers, MD
Michael Freehill, MD
Anthony Romeo, MD
Matthew Smith, MD
Kevin Wilk, DPT

Bottom of the 9th – Rounding Third and Heading for Home

3:30 Gaining the Upper Hand – Management of hand fractures and ligament injuries
Doug Weikert, MD

3:45 Take Your Base – Hip and Hamstring injuries
Jaron Sullivan, MD

4:00 Bottom of the Order – Foot and ankle injuries
Nick Strasser, MD

4:15 A Bit Inside – Ultrasound evaluation of the shoulder and elbow
Stephen Schaaf, MD

4:25 Discussion / Questions for the hand, lower extremity, and ultrasound (Live Ultrasound exam demonstration to follow)
Doug Weikert, MD
Jaron Sullivan, MD
Nick Strasser, MD
Stephen Schaaf, MD

4:30 Thank you and closing comments
Eric Bowman, MD

Adjourn – Thank you for coming!

COURSE DESCRIPTION

This course will explore the current concepts in the care of throwing athletes. Members of the medical team that care for throwing athletes will engage in a multi-disciplinary discussion surrounding the evaluation, diagnosis, and treatment considerations to best serve our athletes.

LEARNING OBJECTIVES

Upon completion of this course, the participant should be able to:

1. Understand the normal and adaptive anatomy of the shoulder and elbow
2. Consider throwing biomechanics and its impact on the upper extremity
3. Understand common pathologies related to throwers and approaches to treatment
4. Identify at risk athletes and effective prevention strategies
5. Understand the keys to effective rehabilitation of throwing athletes

TARGET AUDIENCE

This course is designed for any physician, athletic trainer, therapist, coach, or other medical provider interested in the management and prevention of injuries in throwing athletes.

ACCREDITATION CREDIT DESIGNATION

This live activity, Vanderbilt Baseball Course, with a beginning date of 2/11/2022, has been reviewed and is acceptable for up to 8.0 prescribed credit(s) by the American Academy of Family Physicians, ATCs and PT/OTs. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CANCELLATION AND REFUND STATEMENTS

If you must cancel your registration for this course, Vanderbilt University Sports Medicine will refund your registration fee, less a 10 % administrative fee, provided you notify us by January 24th, 2022. No refunds will be made after that date. Exceptions will be made for justifiable emergencies.

Registration may be transferred to another person or to another course date.

In the event of cancellation or rescheduling of this CME activity due to unforeseen circumstances, Vanderbilt University will refund registration fees in full.

Vanderbilt University is not responsible for non-transferable, non-refundable airline tickets or hotel accommodations purchased in connection with attendance at this CME activity.