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 3rd

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