



2017 CLEVELAND CLINIC SUMMIT

- Summit Co-Directors
Mark Schickendantz, MD
Center Director, Cleveland Clinic Sports Health
Team Physician, MLB Cleveland Indians
Gary Calabrese, PT, DPT
Senior Director, Cleveland Clinic Sports Health
Physical Therapist, NBA Cleveland Cavaliers
Guest Faculty
Phil Anloague, PT, DHSc, OCS, MTC
Chair and Associate Professor, Department of Physical Therapy
University of Dayton
Russo Paine, PT
Director, Memorial Hermann IRONMAN Sports Medicine Institute
Houston, TX
Faculty
Carly Day, MD
Team Physician, Notre Dame College
Cleveland Clinic Sports Health
Tim Ertle, PT, DPT
Cleveland Clinic Sports Health
Scott Euype, PT, DPT, OCS
Director, Rehabilitation and Sports Therapy Education
Cleveland Clinic Sports Health
Jason Genin, DO
Cleveland Clinic Sports Health
Team Physician, MLB Cleveland Indians
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APTA Sports Residency Director
Cleveland Clinic Sports Health
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Jen Kehl, AT, PTA, Med
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Rick Kinser, PT, DPT, Dip. MDT, CMP.
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Cleveland Clinic Sports Health
Adam Lake, AT, Med, CSCS
Cleveland Clinic Sports Health
Dawn Loring, PT, Med., MPT, SCS, CSCS
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Patti Mariano, PT, DPT, SCS
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James Mehalik, PT, DPT
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Physical Therapist, MLB Cleveland Indians
L. Morgan Oberle, MD
Team Physician, Cleveland State University
Cleveland Clinic Sports Health
Katie Rodrick, AT, PTA, MS, CSCS
Cleveland Clinic Sports Health
James Rosneck, MD
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Team Physician, NBA Cleveland Cavaliers
Paul Saluan, MD
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Jennifer Smith, PT, DPT, OCS
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Brian Stalter, PT MPT, CGFI-1
Cleveland Clinic Sports Health
Amory Starkey, PT, DPT
Cleveland Clinic Sports Health
Jonathan Streit, MD
Cleveland Clinic Akron General Medical Center
Naveen Subhas, MD
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Phil Toal, PT, DPT, OCS, C-OMPT, FAOMPT
APTA Orthopaedic Residency Director
Thomas A. Waters MD FACEP
Center for Emergency Medicine, Cleveland Clinic
Matt Winters, PT, DPT, SCS
Cleveland Clinic Sports Health
Tom Wymer, AT, MS
Cleveland Clinic Sports Health

- 1:00 - 1:45pm
Lunch (Provided)
1:45 - 2:15pm
Clinical Practice Guidelines for Clinical Management of the Cervical Spine
2:15 - 2:45pm
Acute Management of Cervical Radiculopathy in the Athletic Population
2:45 - 3:15pm
Considerations for The Adolescent Cervical and Thoracic Spine
3:15 - 3:30pm
Panel Discussion / Q & A
3:45 - 4:15pm
Assessment of Neck Strength and Strengthening Techniques for the Athlete
4:15 - 4:45pm
Indications for C Spine Thrust Manipulations
4:45 - 5:00pm
Panel Discussion / Q & A
5:00pm
Adjourn and CEU Certificates

NOVEMBER 4 SATURDAY
MANAGEMENT OF THE ORTHOPAEDIC SHOULDER
CCAC Building 4, Fourth Floor
Image of an elderly woman with a doctor.

- 6:45 - 7:45am
Continental Breakfast and Registration Check-In
7:45 - 8:00am
Welcome
8:00 - 8:30am
Medical Management of the Aging Shoulder
8:30 - 9:00am
Rehabilitating the Aging Shoulder
9:00 - 9:30am
Total Shoulder Replacement: Surgical Procedure and Outcomes
9:30 - 10:00am
Rehabilitation of the Total Shoulder and Reverse Shoulder Replacement
10:00 - 10:15am
Panel Discussion / Q & A
10:15 - 10:30am
Break
10:30 - 11:00 am
Evidence and Complementary Treatment Approaches to the Shoulder (DN, Cupping, IASTM)
11:00 - 11:30
Ultrasound Imaging and Indications for the Shoulder: Video/Demonstration
11:30 - 12:00
Medical Management for Shoulder Tendinopathy
12:00 - 12:30
Adhesive Capsulitis and the Stiff Shoulder: Rehabilitation Principles
12:30 - 12:45pm
Panel Discussion / Q & A
12:45 - 1:30pm
Lunch (Provided)
1:30 - 2:00pm
The Shoulder Instability Continuum: Rehabilitation Principles
2:00 - 2:45pm
Rehabilitation of the Shoulder Girdle: EMG Targeted Exercise Choices
2:45 - 3:15pm
Aquatic Interventions for the Shoulder
3:15 - 3:30pm
Panel Discussion / Q & A
3:30 - 3:45pm
Break
3:45 - 4:15pm
The Influence of the Spine on Shoulder Pain and Rehabilitation
4:15 - 4:45pm
Advanced Strength Training Principles for the Shoulder Girdle
4:45 - 5:00pm
Panel Discussion / Q & A
5:00pm
Adjourn and CEU Certificates

NOVEMBER 3 FRIDAY
THE OVERHEAD ATHLETE
CCAC Building 4, Fourth Floor
Image of a baseball pitcher.

- 6:45 - 7:45am
Continental Breakfast and Registration Check-In
7:45 - 8:00am
Welcome
8:00 - 8:30am
Anatomy of the Shoulder: Video Demonstration
8:30 - 9:00am
Examination of the Throwing Shoulder: Video Live Demonstration
9:00 - 9:30am
Diagnostics: Overview of Imaging
9:30 - 9:45am
Overview of Shoulder and Elbow Injuries in the Overhead Athlete
9:45 - 10:15 am
The SLAP Injury Challenge: Who is and Who isn't a Surgical Candidate
10:15 - 10:30am
Panel Discussion
10:30 - 10:45am
Break
10:45 - 11:15am
Conservative Treatment of SLAP Lesions: Role of Internal Impingement
11:15 - 11:45am
Practical Approaches to Managing Tendons in the Overhead Athlete
11:45 - 12:15pm
Management of the Athletic Stiff Shoulder: Tips and Tricks
12:15 - 12:45pm
Objective Criteria & Functional Testing for a Return to Throw Program
12:45 - 1:00
Panel Discussion
1:00 - 1:45pm
Lunch (Provided)
1:45 - 2:15pm
Injury and Risk Factors in Youth Baseball Pitchers
2:15 - 2:45pm
Hip and Pelvic Function in Throwing, Femoral Acetabular Impingement Dilemma
2:45 - 3:15pm
Prevalence and Primary Cause of Softball Injuries
3:15 - 3:30pm
Panel Discussion
3:30 - 3:45pm
Break
3:45 - 4:15pm
Management of Upper Extremity Injuries in Softball Players
4:15 - 4:45pm
Video Analysis and Intervention for Softball Pitching
4:45 - 5:00pm
Panel Discussion
5:00pm
Adjourn and CEU Certificates

NOVEMBER 4 SATURDAY
THE OVERHEAD ATHLETE
CCAC Building 4, Fourth Floor
Image of a female volleyball player.

- 6:45 - 7:45am
Continental Breakfast and Registration Check-In
7:45 - 8:00am
Welcome
8:00 - 8:30am
Rotator Cuff Tears in the Overhead Athlete
8:30 - 9:00am
Conservative Management of Rotator Cuff Tears: Who Can Function Without Surgery?
9:00 - 9:30am
Role of the Scapula in the Overhead Athlete: Examination and Treatment
9:30 - 10:00am
Pitching Variables Contributing to Injury or Performance
10:00 - 10:15am
Panel Discussion
10:15 - 10:30am
Break
10:30 - 11:00am
Anatomy and Examination of the Elbow: Video Demonstration
11:00 - 11:30am
UCL Reconstruction: Current Technique and Outcomes
11:30 - 12:00pm
Rehabilitation Following UCL Reconstruction

- 12:00 - 12:30
Manual Therapy Approaches for the Elbow
12:30 - 12:45pm
Panel Discussion
12:45 - 1:30pm
Lunch (Provided)
1:30 - 1:45pm
Training the Core for Baseball
1:45 - 2:00pm
Data Analysis in the Treatment of the Overhead Athlete
2:00 - 2:15pm
Strength and Functional Training Principles for the Youth Baseball Player
2:15 - 2:30pm
The Mechanics of Hitting: Musculoskeletal Assessment
2:30 - 3:00pm
Panel Discussion
3:00 - 3:15pm
Break
3:15 - 3:45pm
Mechanics of the Volleyball Serve and Spike As It Relates To Upper Extremity Injury
3:45 - 4:15pm
Overview of upper Extremity Injuries in Volleyball
4:15 - 4:45pm
Role of Jumping and Landing Patterns in Volleyball
4:45-5:00
Panel Discussion
5:00pm
Adjourn and CEU Certificates

REGISTRATION FEES:
FRIDAY & SATURDAY Nov 3-4: I \$325
Fees Include: course material (electronic), continental breakfast, lunch each day. Registrations postmarked after October 20, 2017 will incur an additional \$25 fee.

PLEASE PRINT CLEARLY:
Name
License Number
BOC Certification Number
Address
City
State
Zip
Phone
Email

Explain if you have special needs that require assistance.
I will be attending: [] Friday, Nov 3, and Saturday, Nov 4, \$325

*Make Checks Payable to: Cleveland Clinic OR *Charge the Following Credit Card:
Account Number
\$
Amount Charged to Credit Card
Expiration date
Name of Card Holder
Signature of Card Holder
[] Visa [] MasterCard

Mail all registration forms and payments to: Cleveland Clinic, PO Box 77054, Cleveland Ohio 44194-7054
Registration confirmation will be emailed once registration is processed.
Please do not mail registration after October 28, 2017. Please first email to reserve a seat, if you wish to register.
Cancellation Policy: A \$50 processing fee will be applied to cancellations on or before Friday, October 20, 2017. No refunds will be issued for cancellations after Friday, October 20, 2017. Cancellations must be received in writing. Cleveland Clinic Sports Health reserves the right to cancel our courses within 15 days of the date of the course. A full refund will be issued in the event of a cancellation.



Phil Anloague, PT, D.H.Sc
Chair and Associate Professor,
Department of Physical Therapy
University of Dayton

CLEVELAND CLINIC SPORTS HEALTH
INVITES YOU TO JOIN FORWARD-
THINKING SPORTS MEDICINE
PROFESSIONALS FROM ACROSS
THE NATION IN NOVEMBER TO
DISCUSS THE LATEST ADVANCES IN
SURGICAL PROCEDURES, DIAGNOSIS
AND TREATMENT PROTOCOLS, AND
REHABILITATION PRACTICES.



Russ Paine, PT
Director, Memorial Hermann IRONMAN
Sports Medicine Institute, Houston, TX
Rehabilitation consultant to the
Houston Rockets



CONTINUING EDUCATION UNITS:

Cleveland Clinic Sports Health (BOC AP #: P410) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. ATs can claim only hours actually spent in the educational program. According to the education levels described by the PDC, the following continuing education course is considered to be advanced.

- This program is eligible for a maximum of 15.5 hours of Category A hours/CEUs for Friday, November 3, and Saturday, November 4, 2017 for athletic trainers

This course is being submitted to the Ohio Physical Therapy Board for 7.75 CEUs for Friday, November 3, and 7.75 CUEs for Saturday, November 4, 2017

Course has been submitted for CEUs in Pennsylvania, with portions of the course for direct access credit.



Cleveland Clinic Sports Health is dedicated to the advancement of sports medicine, from the refinement of diagnostic approaches and treatment protocols to the development of new surgical techniques. **Join us** November 3-4 as specialists share insights and real-world applications.

FOR QUESTIONS ONLY: ceinfo@ccf.org
FOR INFORMATION & ONLINE REGISTRATION: www.sports-health.org/education

Cleveland Clinic
9500 Euclid Avenue, Desk A41
Cleveland, Ohio 44195

NOVEMBER 3-4, 2017

THE SUMMIT

SPORTS HEALTH SYMPOSIUM

2 DAYS
Ideas
Education
Insights



THE SUMMIT
SPORTS HEALTH SYMPOSIUM

NOVEMBER 3-4, 2017



CLEVELAND CLINIC | 25900 SCIENCE PARK DRIVE | BLDG. 4 | BEACHWOOD, OH 44122

➤ Ideas
Education
Insights

NOVEMBER 3-4, 2017

CLEVELAND CLINIC | 25900 SCIENCE PARK DRIVE | BLDG. 4 | BEACHWOOD, OH 44122

Discover new options in patient care that will keep you on the leading edge of sports medicine, as our experts present innovative ideas and thoughtful insights into today's most challenging sports medicine issues. Spend just two days and reap the rewards for years to come!

COURSE OBJECTIVES

At the conclusion of this course, the participant will be able to:

- Describe the correct techniques and methods for performing orthopaedic examination and special tests on the cervical/thoracic spine, shoulder and elbow regarding how the results relate to injury diagnosis.
- Identify appropriate interventions for the prevention and rehabilitation of shoulder rotator cuff, SLAP and elbow UCL reconstruction.
- Define current best practice in surgical versus non-surgical intervention of upper extremity injuries
- Explain and implement exercise techniques for multiple age patients and pathologies related to the cervical, thoracic spine, shoulder and elbow.
- Outline return to sport criteria and progression for various injuries.

HOTEL ACCOMODATIONS:

Homewood Suites Hilton
25725 Central Parkway
Beachwood, Ohio 44122
Phone: 216-464-9600

www.homewoodsuitesbeachwood.com

Room Rate: rooms starting at \$132.00 plus applicable taxes

Please ask for the Cleveland Clinic rate.