Course Description:
This course will be presented by leading sports medicine team physicians, physical therapists, athletic trainers, and strength and conditioning specialists from both Cleveland Clinic Sports Health and The Cleveland Indians. The conference content will include various topics related to the performance, screening, rehabilitation & general strengthening of the athlete in baseball and softball with a special focus on the adolescent baseball athlete.

Course Objectives:
Upon completion of this course, the participant will be able to:
- Demonstrate an understanding of the mechanics of the shoulder & the elbow in the sport of baseball & softball.
- Apply the latest theories of treatment, evaluation & conditioning for the baseball & softball athlete.
- Identify nutritional aspects & pre-season evaluation techniques as they relate to the prevention of injuries in baseball.
- Understand the medical & orthopaedic concerns & issues as they relate to the adolescent baseball athlete.
- Explain softball pitching mechanics & softball injuries.

Course Faculty:
- Dawn Loring, PT, M.Ed., MPT, CSCS
  Senior Physical Therapist
  Cleveland Clinic Rehabilitation & Sports Therapy
- James Mehalia, PT
  Consulting Physical Therapist, Cleveland Indians
  Clinical Rehabilitation Manager
- William O'Brien, MD
  Staff, Cleveland Clinic
- Kari Orlandi, PT
  Director of Outpatient Operations
  Cleveland Clinic Rehabilitation & Sports Therapy
- Richard Parker, MD
  Chairman, Orthopaedics Department
  Team Physician, Cleveland Cavaliers
  Cleveland Clinic Sports Health
- Jason Cruickshank, MPT, ATC
  Assistant Team Physician, Cleveland Browns
  Staff, Cleveland Clinic Sports Health
- Scott Eyrue, PT, DPT, MHS, OCS
  Assistant Director & Clinical Rehabilitation Manager
  Cleveland Clinic Rehabilitation & Sports Therapy
- Susan Joy, MD
  Director of Women's Health
  Staff, Cleveland Clinic Sports Health
- Kelly Kimsey, MSPT, ATC
  Clinical Specialist
  Cleveland Clinic Rehabilitation & Sports Therapy
- Todd Lewarchick, PT, DPT, FAAOMP
  Regional Clinical Manager, Lorain Institute
  Cleveland Clinic Rehabilitation & Sports Therapy
- Jack L. Levy, Ph.D., CC-AASP
  Director, Ohio Center for Sports Psychology
- Carol Figler, MD
  Program Director, Primary Care Fellowship
  Cleveland Clinic Sports Health
- Bob Collins
  216.445.7554

Confirmation will be sent upon receipt of registration if received in a reasonable amount of time prior to course date. For questions on receipt of registration please contact Bob Collins at 216.445.7554 or for further information please email Bob Collins at bcollins@ccf.org.

Cleveland Clinic Sports Health is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This course has been approved by the National Athletic Trainers' Association for 16.0 CEUs.
Registration 

Registration Fees (PT, PTA, & ATC):
$350.00 per attendee (if postmarked by October 21, 2011)
$375.00 per attendee (if postmarked after October 21, 2011)
(Feef includes syllabus on USB, continental breakfast, boxed lunch & refreshments each day.)

Please Print Clearly
Last Name: ____________________________ First Name: ___________________________

Degree Initials (PT, PTA, ATC, other): __________________________________________
License Number: ______________________________________________________________

Hotel Accommodations: 
Homewood Suites Hilton   25725 Central Parkway, Beachwood, Ohio 44122
Room Rate: $119.00 per night for studio suite   Please ask for the Cleveland Clinic rate or   enter corporate code: 05690010043 when booking online

We would like to give recognition of course support to:
DJO Global
Sammons Preston

Please Print Clearly
Day 1: Friday November 11, 2011
7:00am  Registration / Continental Breakfast
7:25am  Welcome
7:30-7:50am  Shoulder Dissection Related to Baseball (video)
7:50-8:10am  Elbow Dissection Related to Baseball (video)
8:10-8:35am  Radiologic Testing/Techniques Related to Baseball
8:35-8:55am  Clinical Examination of the Upper Extremity
8:55-9:20am  Management of Rotator Cuff Pathology in Baseball
9:20-9:45am  Rehabilitation of the Rotator Cuff in the Overhead Athlete
9:45-10:00am  Break (coffee and water)
10:00-10:25am  Labral and Capsular Injuries in Baseball
10:25-10:50am  Rehabilitation Concepts for Posterior Impingement and SLAP Lesions
10:50-11:15am  Medical Issues in Youth Baseball
11:15-11:40am  GIRD—Addressing Posterior Shoulder Tightness
11:40-12:00pm  Panel Discussion
12:00-1:00pm  Lunch (Boxed Lunches Provided)
1:00-1:25pm  Scapular Assessment and Rehabilitation
1:25-1:50pm  Current Concepts in the Treatment of UCL Injuries in Baseball
1:50-2:15pm  There is More to the Elbow Than the UCL
2:15-2:40pm  Rehabilitation Principles for the Elbow in the Overhead Athlete
2:40-3:05pm  Nutrition and Ergonomic Aids in Baseball
3:05-3:20pm  Panel Discussion
3:20-3:35pm  Break (refreshments provided)
3:35-4:00pm  Pre-Season Functional Evaluation Techniques
4:00-4:25pm  Kinesiotaping Concepts for the Overhead Athlete
4:25-4:50pm  Complex Coupled Rehabilitation Concepts
4:50-5:15pm  Common Wrist and Hand Injuries in Baseball
5:15-5:30pm  Panel Discussion
5:30pm  Adjourn Day 1

Day 2: Saturday November 12, 2011
7:15am  Registration / Continental Breakfast
8:00-8:25am  Throwing Mechanics and Common Pitching Faults Related to Injury
8:50-9:15am  Return to Throw Program
9:15-9:40am  Management of Knee Injuries in Baseball
9:40-10:05am  ACL Rehabilitation Update
10:05-10:15am  Break (coffee and water)
10:15-10:40am  Sports Hernia and Groin Injuries in Baseball
10:40-11:05am  Management of Abdominal Injuries in Baseball
11:05-11:35am  Sport Psychology: The Nine Mental Skills of Successful Athletes
11:35-12:00am  Strength and Conditioning Principles for Baseball
12:00-12:10pm  Panel Discussion
12:10-1:10pm  Lunch (Boxed Lunches Provided)
1:10-1:35pm  Management of Hip Injuries in Baseball
1:35-2:00pm  Rehabilitation of Hip Injuries in Baseball
2:00-2:25pm  Management of Back Injuries in Baseball
2:25-2:50pm  “Core” Training and Rehabilitation Techniques
2:50-3:15pm  Management of Softball Injuries
3:15-3:30pm  Break (refreshments provided)
3:30-3:55pm  Softball Pitching Mechanics
3:55-4:20pm  Management of Lower Quarter Adolescent Injuries in Baseball
4:20-4:45pm  Management of Upper Quarter Adolescent Injuries in Baseball
4:45-5:10pm  Panel Discussion
5:10pm  Adjourn Day 2 / CEU Certificate Distribution

*Make Checks Payable to:  Cleveland Clinic
Mail check and registration to:
Cleveland Clinic, PO Box 931004, Cleveland Ohio 44193

*Charge the Following Credit Card:
Account Number __________________________________________
Amount: $_________________    Visa__________  MasterCard_________
Expiration date ___________________
Card Holder’s Signature:  __________________________________________

*Registration Deadline: Monday October 31, 2011.
*For cancellations before Friday October 21, 2011 a cancellation fee of $50.00 will be deducted from your refund. Written notification of cancellation is required in order to process a refund. Please send written notification to: ceinfo@ccf.org
*No refunds for cancellations after Monday October 31, 2011.
*Cleveland Clinic Sports Health reserves the right to cancel any of our courses within 15 days of the date of the course. A full refund will be issued in the event of a meeting cancellation.

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