

# Inaugural Mayo Clinic Baseball/Softball Summit

Program Schedule

| <b>Saturday, January 13, 2018</b> |  |
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| 7:00 AM                           | Registration & Continental Breakfast & Exhibitors – Leighton Foyer   |
| 7:55 AM                           | Welcome and Introduction – Leighton Auditorium   |
| 8:00 AM                           | Little League Throwing Injuries – Domain 1 Task 0104<br><b>David B. Soma, M.D.</b>   |
| 8:15 AM                           | Specialization in One Sport....What is too Early? – Domain 1 Task 0102<br><b>Chad E. Cherny, P.T., D.P.T., SCS</b>             |
| 8:30 AM                           | Questions & Discussion – <i>Soma and Cherny</i>  |
| 8:40 AM                           | Hip Assessment and Treatment of the Overhead Athlete – Domain 2 Task 0204<br><b>Joe Eischen, P.T., SCS, ATC, CSCS</b>          |
| 8:55 AM                           | Current Concepts in Treatment of SLAP Lesions – Domain 1 Task 0101<br><b>L. Pearce McCarty III, M.D.</b>                       |
| 9:10 AM                           | Questions & Discussion – <i>Eischen and McCarty</i>  |
| 9:20 AM                           | Metrics Used in the Evaluation of a Baseball Player – Domain 2 Task 0201<br><b>Erik Lovdahl</b>                                |
| 9:35 AM                           | Strength and Conditioning in Professional Baseball – Domain 1 Task 0104<br><b>Yousef Zamat, MS, RSCC, CSCS, CES, USAW</b>      |
| 9:50 AM                           | Questions & Discussion – <i>Lovdahl and Zamat</i>  |
| 10:00 AM                          | Refreshment Break & Exhibitors – Leighton Foyer  |
| 10:15 AM                          | <b>Keynote Speaker:</b><br>Catcher's Injuries in Professional Baseball – Domain 1 Task 0101<br><b>Stan Conte, PT, DPT, ATC</b> |
| 10:45 AM                          | Question and Discussion - <i>Conte</i>   |

| <b>Elbow Series</b> |   |
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| 10:55 AM            | Your Elbow Needs an Operation, but not a “Tommy John” Procedure<br><b>Shawn W. O'Driscoll, M.D., Ph.D.</b> – Domain 2 Task 0204   |
| 11:10 AM            | Operative and Non-operative Management of Elbow Injuries - Domain 4 Task 0403<br><b>Jeffrey D. Strauss, P.T., D.P.T., SCS</b>   |
| 11:25 AM            | Questions & Discussion – <i>O'Driscoll and Strauss</i>  |
| 11:35 AM            | Demonstration of UCL Surgery – Domain 2 Task 0204<br><b>Christopher L. Camp, M.D.</b>   |
| 12:05 PM            | Lunch and Exhibitors – Leighton Foyer<br><b>Guest Speaker</b><br>Managing our Youth to Succeed and Protect their Arms – Domain 5 Task 0502<br><b>Rob Fornasiero – University of Minnesota Assistant Head Baseball Coach</b> |
| 1:00 PM             | <b>Keynote Speaker:</b><br>“Failure of UCL Reconstruction in Pro Baseball Players and Approach to Revision” – Domain 4 Task 0406<br><b>Keith Meister, M.D.</b>  |
| 1:45 PM             | Questions & Discussion - <i>Meister</i>   |
| 1:55 PM             | UCL Panel<br><b>Keith Meister, M.D., Shawn W. O'Driscoll, M.D., Ph.D., Christopher L. Camp, M.D., L. Pearce McCarty III, M.D., Stan Conte, PT, DPT, ATC</b>   |
| 2:25 PM             | Walk to Dan Abraham Healthy Living Center (DAHLC) – Floor 3   |
| 2:40 PM             | Live Video Analysis of the Baseball Pitcher – Domain 2 Task 0204<br><b>Daniel J. Christoffer, Ed.D., A.T.C.</b>   |
| 3:25 PM             | Mindfulness for Baseball & Softball Athletes – Domain 1 Task 0106<br><b>Max R. Trenerry, Ph.D., L.P.</b>  |
| 3:55 PM             | Refreshment Break and Exhibitors  |
| 4:10 PM             | Softball Pitching: What to look for to prevent injury – Domain 1 Task 0104<br><b>Kim Lambert, P.T., D.P.T.</b>  |

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| 4:40 PM | Arm Care Principles for the Overhead Athlete – Domain 1 Task 0104<br><b>Aaron Hellem, P.T., D.P.T, OCS, SCS, CSCS</b>   |
| 5:10 PM | <i>Developing Rotational Power – On the Turf and in the Weight Room</i> – Domain 1 Task 0103 <b>Karl Erickson, CSCS and Eric Pohl, M.Ed., CSCS, USAW, SFG, FMS, XPS</b> |
| 5:55 PM | Announcements   |
| 6:00 PM | Adjourn   |

CEU videos provided before Summit online:

1. *What is your routine? Important components to stay healthy.* – Domain 1 Task 0106  
Dan Christoffer, EdD, ATC
2. *Performance evaluation of the throwing athlete.* – Domain 2 Task 0201  
Dan Christoffer, EdD, ATC
3. *Nutrition strategies for elite baseball/softball performance* – Domain 1 Task 0102  
Luke Corey, RD
4. *Principles of motivation* – Domain 1 Task 0106  
Max Trenerry, Ph.D., L.P.
5. *Is there a role for Platelet Rich Plasma in treating UCL injuries?* – Domain 2 Task 0203  
Jay Smith, M.D. and Jacob L. Sellon, M.D.
6. *Mobility of the throwing athlete.* – Domain 1 Task 0101  
Karl Erickson, CSCS and Eric Pohl, M.Ed., CSCS, USAW, SFG, FMS, XPS