

“Injury Prevention in the Overhead Athlete”

Baseball players, softball players, quarterbacks, and volleyball players all engage in over-the-head throwing motions that can result in specific injuries to the shoulder, arm, and wrist. The focus of this lecture is to bring together the foremost experts on throwing-related injuries and educate parents, coaches, and healthcare professionals on common adolescent shoulder and elbow injuries, and how to prevent them.



Keynote Speaker

Ben Kibler MD, FACS

Lexington Sports Medicine, Lexington Ky.

Speakers:

- Buddy Savoie, MD
- Mary K. Mulcahey, MD
- Kevin Wilk DPT, PT, FAPT
- Andre' Labbe' PT, MOMT

Date: December 15 -16

Time: Friday - 1pm to 6pm
Saturday - 9am to 12pm

Where: Yulman Stadium's Multi-Purpose Room
Tulane University Campus

Cost: FREE to Coaches, Athletes, and Parents; \$85 for Physicians; \$50 for Allied Health

CEU/CME: This activity has been approved for *AMA PRA Category 1 Credit™*. Tulane University, Center for Continuing Education has been accredited as an Authorized Provider by the International Association for Continuing Education and Training (IACET). Tulane University, Center for Continuing Education is authorized by IACET to offer .4 CEUs for this program. Questions about CEU/CME credits, please contact Erica Moore (504) 988-5192 or egaines@tulane.edu

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Tulane
INSTITUTE OF
Sports Medicine



“Injury Prevention in the Overhead Athlete”

Friday, December 15: 1:00pm-6:00pm

12:00 Doors open

1:00-1:15 Welcome

1:15-2:00 Keynote: *“A medical approach to throwing mechanics (Good and Bad) and how to use mechanics to prevent injury”* Ben Kibler M.D., FACS, Lexington Sports Medicine, Lexington Ky.

2:00-2:45 *“Newest trends in treatment and surgery of the Adolescent Overhead Athlete”* Buddy Savoie MD, Ray J. Haddad Professor of Orthopaedic Surgery; Chairman of Orthopaedic Surgery; Chief of Sports Medicine, Tulane University.

2:45-3:30 *“What’s New & True in the Rehabilitation & Injury Prevention of the Overhead Athlete”*. Kevin Wilk DPT, PT, FAPT, Associate Clinical Director of Champion Sports Medicine, Birmingham AL.

3:30-3:45 Q & A

3:45-4:15 BREAK

4:15-4:45 *“Specific Considerations : The Female Overhead Athlete”* Mary K. Mulcahey MD, Director of the Womens Sports Medicine Program; Associate Professor of Clinical Orthopaedic Surgery, Tulane University

4:45-5:30 *“Injury prevention and performance enhancement for the overhead athlete”* Andre’ Labbe’ PT, MOMT, Clinical Instructor, Dept. of Orthopaedics, Tulane University; Director of Clinical Outreach and Injury Prevention, Tulane Institute of Sports Medicine

5:30-6:00 Q&A

Saturday, December 16:

9:00am-12:00pm

Throwing Lecture and Lab

9:00-10:00

Lecture: Injury prevention and strength training for the adolescent overhead athlete

10:00-10:30

Lab: Strength Training:

- Warm-Up
- Hip activation
- Core training
- Rotator cuff

10:30-11:00

Lecture: Throwing Mechanics with Tulane Coaching Staff and Players

11:00-12:00

Lab: Throwing Lab with Instruction

