Title: Tipping the Scales: Watershed Events and Balancing Load in Throwing Athletes
Date: Saturday, February 18, 2017
Speakers: Ellen Shanley PhD, PT, OCS; Chuck Thigpen PhD, PT, ATC; Lane Bailey PhD, PT, CSCS

Disclosures: None

Course Description: One quarter of all throwers will develop a time-loss upper extremity injury each year. Musculoskeletal injuries occur when the direction or amount of load applied to a tissue exceeds the tolerance of that tissue. Repetitive submaximal loading with on weak tight or incompletely recovered tissue decreases the body’s ability to function at its highest level and increase the risk of injury to athletes. Highly skilled screening and rehabilitation facilitates participation in over time.

Learning Objectives: After participating in this session audience members should be able to:
1. Identify arm injury risk factors across competition and experience levels
2. Develop a prevention program to reduce initial and subsequent injuries
3. Identify test-retest strategies to monitor the restoration of functional strength and endurance for return to activity participation.
4. Identify benefits of knowledge translation from strength and conditioning literature to injury prevention, rehabilitation, and return to participation.

Timed Outline:
• Introduction of session
• Risk Factors and Screening Techniques for Throwing Athletes
  o Physical and performance based factors that increase the risk of arm injury
  o Screening Concepts- Process and content
• Prevention Programs
  o Identification of problem
  o Development of program
  o Implementation Strategies
  o Evaluation of Program
• From Injury Occurrence to Return to Sport
  o What does the Science say….
    ▪ Normalizing joint tolerance to stresses
    ▪ Strategies to progress to demands of sports
    ▪ Evaluation of progress (Intra and Intersession evaluation)
      o Preparation for the demands of Sport
• Follow up Care
• Cases and Questions

References:
1. Bahr R. Response to 'Screening for risk factors: if you liked it then you should have put a number on it'. Br J Sports Med. 2016;10.1136/bjsports-2016-096465.

Preliminary handout

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