

8th Annual James A. Nicholas Sports Medicine Symposium: Baseball Sports Medicine

Friday, October 25, 2019
7:30am – 4:30pm

**Einhorn Auditorium
Lenox Hill Hospital
131 East 76th Street
New York, NY 10021**

Co-Course Directors

Stephen J. Nicholas, MD, Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)
at Lenox Hill Hospital

Malachy P. McHugh, PhD, Director of Research
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)
at Lenox Hill Hospital

Course faculty

Benjamin B. Bedford, MD
Steven J. Lee, MD
Malachy P. McHugh, PhD
Matthew Mendez-Zfass, MD
Michael J. Mullaney, DPT, SCS
Stephen J. Nicholas, MD
Timothy F. Tyler, PT, ATC

Guest faculty

Anthony A. Romeo, MD
Leonard C. Macrina, MSPT, SCS, CSCS
Neil Ioviero, MA
Nicholas Serio, EdD, CSCS

This symposium is made possible by a gift from the family of Leon Hess.



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Program Agenda

- 8am** **Introductory Remarks: The Legacy of James A. Nicholas**
Malachy P. McHugh, PhD
- 8:15am** **Management of Shoulder Injuries in Baseball Players**
Anthony A. Romeo, MD
- 9am** **Management of Elbow Injuries in Baseball Players**
Benjamin B. Bedford, MD
- 9:35am** **Management of Hand and Wrist in Baseball Players**
Steven J. Lee, MD
-
- 10:10am** **Coffee Break**
-
- 10:25am** **Management of Pediatric Arm Injuries**
Matthew Mendez-Zfass, MD
- 11am** **Arm Care from the Orthopaedic Surgeon's Perspective:
What is the evidence base for the Throwers Ten?**
Stephen J. Nicholas, MD
- 11:30am** **Arm Care from the Strength and Conditioning Specialist's Perspective:
Training without overloading the shoulder**
Nicholas Serio, EdD, CSCS
-
- 12pm** **Lunch on your own**
-
- 1pm** **Arm Care from the Physical Therapist's Perspective: From rehab to performance**
Leonard C. Macrina, MSPT, SCS, CSCS
- 1:45pm** **Arm Care from the Coach's Perspective: Comprehensive management of the baseball player**
Neil Ioviero, MA
- 2:20pm** **Performance Demand and Recovery in Baseball Pitchers**
Michael J. Mullaney, DPT
-
- 2:55pm** **Coffee Break**
-
- 3:10pm** **Are Deficits in Shoulder Range of Motion and Strength Risk Factors for Injury in Pitchers?**
Timothy F. Tyler, MSPT
- 3:45pm** **The Fundamental Biomechanics of Pitching and Hitting: The basics of musculoskeletal function**
Malachy P. McHugh, PhD
- 4:20pm** **Closing Remarks**
Malachy P. McHugh, PhD
- 4:30pm** **Meeting Adjourned**

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Course description: Baseball is one of the most popular sports in the US with high participation rates from an early age. This CME activity will address the evidence base for baseball sports medicine with perspectives from team physicians, physical therapists, athletic trainers, strength and conditioning specialists, coaches and sports scientists. Injury rates in baseball have been increasing over the last number of years with increased sports specialization in youth sports (early concentration on baseball) and an emphasis on velocity for pitching and power for batting. The practice of sports medicine in baseball is continually advancing with respect to training, injury prevention, injury treatment, rehabilitation and performance. Clinicians and practitioners need to continually update their knowledge base to effectively deliver the most effective and safest practices for their athletes with respect to training, injury prevention, injury treatment, rehabilitation and performance. Through lectures on various aspects of baseball sports medicine the learners will be able to critically evaluate new training, prevention and treatment options specific to the performance demands of baseball.

Learning objectives: All Northwell Health continuing medical education activities are designed to improve patient care, safety and outcomes. At the conclusion of this conference, participants should be able to:

- **Apply** effective evidence-based practices for diagnosing upper extremity injuries in baseball players
- **Implement** effective evidence-based treatment approaches for upper extremity injuries in baseball players
- **Utilize** safe and effective evidence-based training programs for baseball players
- **Identify** risk factors for injury in baseball pitchers
- **Implement** effective recovery strategies for baseball pitchers

Target audience: Sports medicine trained orthopaedists and general practitioners, physical therapists, athletic trainers, personal trainers and strength and conditioning specialists.

CME accreditation: Northwell Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit designation: Northwell Health designates this educational activity for a maximum of *7.0 AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Faculty disclosure policy: Northwell Health adheres to the ACCME's Standards for Commercial Support. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others, are required to disclose all relevant financial relationships with commercial interests.

All relevant conflicts of interest will be resolved prior to the commencement of the activity.

Physical Therapy Credit Designation: Long Island Jewish Medical Center, a member of Northwell Health, is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. Participants will receive a certificate at the completion of the conference for 8.4 contact hours.

Athletic Trainer Credit Designation: Northwell Health Rehabilitation Network (BOC AP#: P8350) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 7.0 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

A certificate of attendance will be provided to all professionals.

Registration fees

\$200 for physicians

\$100 for Northwell Health employees

\$100 for students

\$150 for all others

Registration fee includes course materials and CME/CEU certificate of attendance.

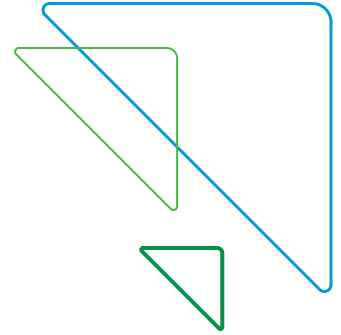
Cancellation policy: To receive a refund, all cancellations must be confirmed in writing to the Office of Continuing Medical Education by October 18, 2019. An administrative fee of \$25 will be kept for all cancellations. No refunds will be given after this date or for "no-shows."



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Registration Form

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\$150 for all others

Three ways to register

1. Online at northwell.edu/CME

2. Fax this form to **(516) 465-8204** with credit card information

3. Mail this form with a check made payable to “NISMAT – Baseball Sports Medicine” to:

Northwell Health Office of CME

1111 Marcus Avenue, Suite LL26

Lake Success, NY 11042

Registration Information (Please print clearly)

Name _____ Credentials _____

Address _____

City _____ State _____ Zip _____

Phone (Days) _____ Cell _____

Email _____

Affiliation _____

Specialty _____

Please indicate

MD DO PA PT PTA ATC Other (please specify) _____

Charge \$ _____ to my VISA Mastercard AMEX Discover

Credit card # _____ Expiration date _____

Please list all 16 digits from your credit card and expiration date.

Authorizing signature _____ Today's date _____

A confirmation letter will be sent.

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Guest Faculty

Anthony A. Romeo, MD — Dr. Romeo currently serves as the Chief of Orthopaedics for Rothman Orthopaedic Institute's New York division. He is a distinguished orthopaedic surgeon with over 20 years of experience working in academic medicine. Lifelong interests in science and sports have led Dr. Romeo to the use of the most advanced methods of restoring function of injured and arthritic shoulders and elbows in addition to treating sports related injuries and conditions. Dr. Romeo has designed and developed innovative advanced shoulder replacement systems for the treatment of arthritis. He is a renowned scholar who has authored over 300 peer-reviewed journal articles and thirty chapters in orthopaedic textbooks. Moreover, he has served at the capacity of senior editor on several orthopaedics and sports medicine books and is the Chief Medical Editor of Orthopaedics Today. He has lectured extensively on advanced surgical techniques to surgeons at both national and international forums.

He received his Medical Degree from the St. Louis University School of Medicine. He completed his residency in orthopaedic surgery at the Cleveland Clinic Foundation in Ohio, and his shoulder and elbow surgery fellowship at the University of Washington Medical Center in Seattle. Furthermore, he completed his Bachelor of Science at the University of Notre Dame.

Leonard C. Macrina, MSPT, SCS, CSCS — Lenny Macrina is the co-founder and the Director of Physical Therapy at Champion PT and Performance in Boston, MA. Lenny is a board-certified sports physical therapist and a certified strength and conditioning specialist. In 2010, he was nominated by his peers to be included in the prestigious American Sports Medicine Fellowship Society which includes top fellowship-trained orthopedic surgeons and physical therapists. Lenny has extensive experience in baseball having worked with the Tampa Bay Rays in spring training for the last 10 years and having published extensively on baseball in the sports medicine literature. Lenny has collaborated with renowned orthopedic surgeon James Andrews, MD and prominent physical therapist Kevin Wilk on numerous research projects in baseball and has lectured extensively across the country. Lenny received his Bachelor's degree in Biotechnology from Worcester Polytechnic Institute and his Master's degree in physical therapy from Boston University.

Planning Committee

Janet Christenson, MHA, Senior Administrative Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Malachy McHugh, PhD, Director of Research
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Stephen J. Nicholas, MD, Director
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Ryan J. Strong, Senior Administrative Manager
Northwell Health Orthopaedic Service Line
Northwell Health Rehabilitation Service Line

Timothy F. Tyler, PT, ATC, Clinical Research Consultant
Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT)

Acknowledgements: All educational/financial support will be acknowledged on the day of the program.

Neil Ioviero, MA — Neil Ioviero just completed his 23rd season as head coach of the Kean University baseball program. Under his guidance, the team has grown into one of the premiere programs in the nation culminating with the program's first national championship in 2007 and six World Series appearances. This last season Neil was voted NJAC coach of the year for the 6th time. Neil has developed 10 All-Americans, 22 first-team regional All-Americans, 38 first-team All-State and 40 first-team All-NJAC players. Thirteen players were voted Player/Pitcher of the Year and 16 went on to play professionally. A standout pitcher in college, Neil played for legendary coach Fred Hill at Rutgers University. Neil also played professionally in the independent Northeast League and the Frontier League and participated in the prestigious amateur Cape Cod Summer League and the Atlantic Collegiate Summer Baseball League. Neil has a BA in communications and 2 Masters degrees, in Physical Education and Health, and in Supervision and Administration.

Nicholas Serio, EdD, CSCS — Dr. Serio is the owner and Head Performance Coach at Athletes Warehouse, a training facility in Westchester NY specializing in the performance of student athletes. Nick has a Doctor of Education in Sport and Performance Psychology and a Masters in Kinesiology. He is also a certified strength and conditioning coach, certified personal trainer and a sports performance coach. Nick is a former baseball player and currently is the head pitching coach for Fox Lane Baseball. With over ten years of experience in the performance training field, coupled with his degrees in Kinesiology and Sport & Performance Psychology, Nick is leading the charge to disrupt the status quo of the performance training industry. At Athletes Warehouse he is the principal motivator and driving force behind a team of coaches determined to redefine the approach to training student athletes. Nick has extensive experience in training baseball players and, with his playing and coaching experience, has unique insights into the comprehensive management of the baseball player.



Course Faculty

Benjamin B. Bedford, MD — Dr. Bedford is a fellowship trained orthopaedic surgeon specializing in sports medicine and currently practicing at Lenox Hill Hospital and NY Orthopedics. Dr. Bedford completed a sports medicine fellowship at the American Sports Medicine Institute in Birmingham, Alabama under the direction of James R. Andrews, MD. Dr. Bedford has presented research and instructional lectures at numerous orthopaedic conferences. Additionally he has authored research articles in topics related to orthopaedics and sports medicine. He currently performs clinical research at the Nicholas Institute for Sports Medicine and Athletic Trauma.

Steven J. Lee, MD — Dr. Lee is a board certified orthopaedic surgeon and a fellow of the American Academy of Orthopaedic Surgeons. Dr. Lee completed a hand and upper extremity fellowship at NYU/Hospital for Joint Diseases and a Sports Medicine Fellowship at Lenox Hill Hospital. Dr. Lee is the Chief of Hand and Upper Extremity Surgery at Lenox Hill Hospital. During this training, he participated in the care of the NY Jets, Islanders and Rangers and has served as team physician for the New Jersey Red Dogs/Gladiators and Hofstra University. He is also a consultant for the PGA tour. Dr. Lee is widely published in peer-reviewed journals and has presented at numerous national meetings.

Malachy P. McHugh, PhD — Dr. McHugh is the Director of Research at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital where he leads a multidisciplinary research team. Dr. McHugh is a fellow of the American College of Sports Medicine, an associate Member of the American Orthopaedic Society for Sports Medicine, and a member of the Orthopaedic Research Society. He is a visiting professor at Northumbria University Faculty of Health and Life Sciences, an adjunct professor in the Department of Physical Therapy at New York University, and has also held teaching positions in the Department of Physical Therapy at Stony Brook University and the Department of Physical Education at Hunter College in New York City. Dr. McHugh was a consultant with the New York Rangers from 2000 to 2018 and is currently a Sports Performance Consultant with the NHL. Dr. McHugh is on the Editorial Board for the Scandinavian Journal of Medicine and Science in Sports and has more than 100 publications in peer-reviewed journals.

Matthew Mendez-Zfass, MD — Dr. Mendez is a fellowship trained orthopedic surgeon who focuses on both operative and non-operative management of sports-related injuries, musculoskeletal injuries and arthritis. Dr. Mendez is a graduate of the University of Virginia, received his M.D. degree at Emory University School of Medicine, completed his residency at the University of Miami at Jackson Memorial Hospital and completed his sports medicine fellowship at Lenox Hill Hospital. During his tenure at the University of Miami, Dr. Mendez participated in the care of athletes from the University of Miami and the Miami Marlins. During his fellowship he concentrated on minimally invasive and advanced arthroscopic techniques for the treatment of sports-related injuries and participated in the care of athletes from the New York Jets, New York Islanders, Manhattanville College, Hunter College, and various New York City high school teams. He currently serves as the team physician for Queens College and York College. Dr. Mendez has authored a variety of research articles and book chapters on a variety of topics in the field of orthopedics and sports medicine.

Michael J. Mullaney, DPT, SCS — Mike is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma at Lenox Hill Hospital. He is board certified as a Sports Certified Specialist and established Mullaney & Associates Physical Therapy, LLC in Matawan, NJ in 2007. Mike is extensively published in peer-reviewed sports medicine journals, has presented at multiple sports medicine conferences, and co-authored several book chapters. Mike is a past Chairman for the Shoulder Special Interest Group of the Sports Physical Therapy Section of the APTA. In 2015 Mike received the APTA Sports Physical Therapy Section Outstanding Service Award for contributions to sports physical therapy. Currently Mike is the Section program chair for American Academy of Sports Physical Therapy (AASPT – formerly SPTS).

Stephen J. Nicholas, MD — Dr. Nicholas is the director of the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT). He is also the Chief of Sports Medicine at Lenox Hill Hospital and the founder, and current director of NY Orthopedics. Over the years, Dr. Nicholas has dedicated a great deal of time to treating professional, collegiate and amateur athletes. He has served as the orthopedic team physician for the New York Jets, New York Islanders and the athletes at Hofstra University. He also served as a member of the mayor's New York City Sports Commission. Dr. Nicholas has been recognized as "One of New York's Best Doctors" by New York Magazine for the last twenty years. He is a long-time member of the American Orthopaedic Association, which signifies honor and accomplishment in orthopedics and a commitment to active leadership in the specialty. Dr. Nicholas is a graduate of Harvard University, received his medical degree from New York Medical College followed by a residency at the Hospital for Special Surgery and a fellowship in sports medicine at Lenox Hill Hospital.

Timothy F. Tyler, PT, ATC — Tim is a clinical research consultant at the Nicholas Institute of Sports Medicine and Athletic Trauma (NISMAT) at Lenox Hill Hospital. In 2001, he established PRO Sports Physical Therapy of Westchester, a private practice in Scarsdale, NY. Tim is also athletic trainer at Scarsdale High School and Manhattanville College in Westchester. He is a member of the American Physical Therapy Association, American Orthopaedic Society for Sports Medicine, National Athletic Trainers' Association and serves on the Editorial Board of The Journal of Sport Rehabilitation and The International Journal of Sports Physical Therapy. He has published more than 50 articles in peer-reviewed journals and numerous book chapters. Tim is a past president of the Sport Physical Therapy Section of the American Physical Therapy Association and the American Society of Shoulder and Elbow Therapists.