

## Guest Presenter



**Tommy John**  
Major League Baseball Pitcher

## Faculty

### **Robert A. Arciero, MD**

Professor, Orthopaedics, University of Connecticut Health Center  
Director, Orthopaedic Sports Medicine Fellowship Orthopaedic Team Physician, University of Connecticut

### **Champ Baker, MD**

Chairman of the Board, Program Director, The Hughston Foundation, Inc.

### **David J. Berkoff, MD, FAAEM, CAQSM**

Associate Professor, Department of Orthopedics University of North Carolina, Chapel Hill

### **Tally Lassiter Jr., MD, MHA**

Attending Orthopedic Surgeon, Bassett Healthcare Network  
Director of Bassett Shoulder and Sports Medicine Research Institute  
Associate Clinical Professor of Orthopaedics, Duke University Medical Center  
Assistant Clinical Professor of Orthopaedic Surgery, Columbia University College of Physicians and Surgeons

### **J. Todd Lawrence, MD, PhD**

Sports Medicine and Pediatric Orthopaedic Surgery, Children's Hospital of Pennsylvania  
Assistant Professor of Orthopaedic Surgery, University of Pennsylvania

### **William Levine, MD**

Vice Chairman and Professor  
Co-Director, Center for Shoulder, Elbow and Sports Medicine Columbia University Medical Center  
Head Team Physician - Columbia University

### **William Mallon, MD**

Editor-in-Chief, Journal of Shoulder and Elbow Surgery

### **Luke S. Oh, MD**

Instructor in Orthopaedic Surgery, Harvard Medical School  
Team Physician, Boston Red Sox and New England Revolution

### **Michael Whiteside, MD**

Assistant Professor of Radiology, Albany Medical College  
Staff Radiologist in Musculoskeletal Imaging, Community Care Physicians, P.C.

### **Jocelyn Wittstein, MD**

Attending Orthopedic Surgeon, Bassett Healthcare Network  
Director of Research, Bassett Shoulder and Sports Medicine Research Institute  
Assistant Clinical Professor of Orthopaedic Surgery, Columbia University College of Physicians and Surgeons

*Conference speakers and planners have no relevant financial relationships to disclose.*

*\* Bassett Medical Center is accredited by the Medical Society of the State of New York to provide continuing medical education for physicians. Bassett Medical Center designated this live activity for a maximum of 8.25 credit hours of AMA/PRA Category Credits. Physicians should only claim credit commensurate with the extent of their participation into the activity.*

*Program endorsed by the New England Shoulder and Elbow Society and the Southern Orthopaedic Association.*



**Bassett Healthcare Network**

One Atwell Road  
Cooperstown, NY 13326  
[www.bassett.org](http://www.bassett.org)

# Baseball Injuries to the Shoulder and Elbow:

Little League to Major League



**May 19, 2012**

The Otesaga Resort Hotel  
Cooperstown, New York  
Home of the National Baseball Hall of Fame

**Guest Presenter**

**Tommy John, MLB Pitcher**

Program Chair: Jocelyn Wittstein, MD  
Assistant Chair: Tally Lassiter Jr., MD, MHA



**Bassett Healthcare Network**

## Educational objectives:

- Explain the pathophysiology of shoulder and elbow injuries in overhead throwing sports
- Describe diagnostic techniques and treatment of superior labral pathology
- Discuss diagnosis and management of shoulder instability in overhead throwing athletes
- Discuss diagnosis and management of rotator cuff pathology in overhead throwing athletes
- Promote provider competence in interpretation of shoulder and elbow MRI and ultrasounds
- Promote awareness and understanding of youth throwing injuries to the shoulder and elbow
- Review diagnosis and management of ulnar collateral ligament insufficiency of the elbow
- Present technical pearls to improve results of surgical management of shoulder and elbow injuries in throwers

**CME Credits = 8.25 hours\***



## Program Schedule

### Saturday May 19, 2011

6:30 a.m. Continental breakfast

7:15 a.m. Welcome  
Jocelyn Wittstein, MD

### Session 1: Shoulder, Review of Anatomy and Pathophysiology Moderator: Robert Arciero, MD

7:30 a.m. Anatomy and Physical Examination of the Throwing Shoulder  
Tally Lassiter Jr., MD, MHA

7:50 a.m. Pathophysiology of Shoulder Injuries: SICK Scapula, GHIRD as a Cause of SLAP Lesions and Impingement  
Jocelyn Wittstein, MD

8:10 a.m. Pathophysiology of Shoulder Injuries: Internal Impingement and Anterior Instability  
J.Todd Lawrence, MD, PhD

8:25 a.m. Panel Questions and Comments

### Session 2: Shoulder- Labral Pathology and Instability Moderator: Luke Oh, MD

8:30 a.m. SLAP Lesions  
William Levine, MD

8:45 a.m. Operative Treatment of Anterior Instability in Throwers  
Robert Arciero, MD

9:00 a.m. Management of Posterior Labral Tears in Overhead Athletes  
Tally Lassiter Jr., MD, MHA

9:15 a.m. Treatment of Labral Tears and Instability in the Throwing Athlete  
Panel Case Presentations

9:35 a.m. Break

### Session 3: Shoulder, Rotator Cuff Moderator: William Levine, MD

10:00 a.m. Pathophysiology of Rotator Cuff Injuries in Throwers  
Robert Arciero, MD

10:20 Management of Partial Thickness Rotator Cuff Tears in Pitchers  
Luke Oh, MD

10:40 a.m. Arthroscopic Treatment of Full Thickness Rotator Cuff Tears  
William Mallon, MD

11:00 a.m. Use of PRP in Treatment of Cuff Pathology  
William Levine, MD

11:15 a.m. Panel Discussion, Case Presentations

### Session 4: Shoulder and Elbow Imaging

11:35 a.m. MRI Evaluation of Shoulder and Elbow Injuries in Throwers  
Michael Whiteside, MD

12:00 Lunch on Own

### Guest Lectures

1:00 p.m. The Biography of Ernest Codman, Shoulder Surgeon  
William Mallon, MD

1:20 p.m. Recovery from the "Tommy John" Procedure: Arm Health for the Throwing Athlete  
Tommy John

### Session 5: Elbow Moderator: Champ Baker, MD

1:40 p.m. Anatomy and Physical Examination of the Elbow in the Throwing Athlete  
Jocelyn Wittstein, MD

2:00 p.m. Pathophysiology of Elbow Injuries in Throwers  
Champ Baker, MD

2:20 p.m. Little League Injuries- Diagnosis and Treatment  
J.Todd Lawrence, MD, PhD

2:40 p.m. Management of Posterior Impingement  
Champ Baker, MD

2:55 p.m. Medial Ulnar Collateral Ligament Reconstruction: Results and Techniques  
Luke Oh, MD

3:15 p.m. Panel Discussion, Case Presentations

### Surgical and Clinical Skills:

3:45 p.m. Diagnostic ultrasonography of the shoulder  
David J. Berkoff, MD, FAAEM, CAQSM

4:00 p.m. Diagnostic Shoulder Ultrasonography Lab

4:00 p.m. Arthroscopic Labral Repair Dry Lab

6:30 p.m. Reception and private tours at National Baseball Hall of Fame

## Fees:

### Conference, Reception and Tour of Baseball Hall of Fame

- \$300 MD/DO
- \$150 Fellow/Resident/PA/NP/ATC

*Each registered attendee may bring  
one guest to the reception and tour for  
an additional \$75*

## Lodging

- The Otesaga Resort Hotel is offering a special rate of \$189 for conference attendees through April 1, 2012

Mention code 34A3ZU to secure this special rate  
(800) 348- 6222  
<http://www.otesaga.com>

## Additional Information

- Museum, leisure activity and additional lodging information available from the Cooperstown Chamber of Commerce (607) 547-9983  
<http://www.cooperstownchamber.org>

## Learn More

- Questions about the conference may be directed to:  
[shoulder&sportsmedicine@bassett.org](mailto:shoulder&sportsmedicine@bassett.org)



## Registration Form

### Baseball Injuries to the Shoulder and Elbow The Otesaga Resort Hotel May 19, 2012

Name \_\_\_\_\_ Title \_\_\_\_\_

Employer \_\_\_\_\_

Business Address \_\_\_\_\_

Daytime Phone \_\_\_\_\_

e-mail \_\_\_\_\_

Signature \_\_\_\_\_

## Registration Fee

### Conference, Reception and Tour of Baseball Hall of Fame

- |  |   |
|--|---|
| <input type="checkbox"/> \$300 MD/DO                     | <input type="checkbox"/> I plan to attend Baseball Hall of Fame Reception |
| <input type="checkbox"/> \$150 Fellow/Resident/PA/NP/ATC | <input type="checkbox"/> I plan to attend Baseball Hall of Fame Reception |

### Guest, Reception and Tour

- \$75 (Limit one guest per registered attendee)

## Method of Payment

-       Check

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Security Code \_\_\_\_\_

Signature \_\_\_\_\_

Check/Money Order made payable to Bassett Healthcare

\$ \_\_\_\_\_ Amount enclosed

### Return Registration Form and Payment to:

Kelly Stone C-TAGME  
Bassett Medical Center  
One Atwell Road  
Cooperstown, NY 13326  
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