

- 4) Provide an open forum where issues and questions can be discussed.

## ***COURSE DIRECTORS***

Augustus D. Mazzocca, MD  
Carl W. Nissen, MD

## ***COURSE STAFF***

Robert A. Arciero, MD  
Kevin P. Shea, MD  
Frank Thomas, MD  
Michael Joseph, PT  
Brian Swanson, PT  
Mark Cote, PT  
Chris Blake, ATC  
Scott Myrick, ATC



This course is designed for high school and college level coaches/medical staff as they prepare for the spring season. The goals are:

- 1) Increase the knowledge of those involved with baseball teams about the unique problems encountered in the game of baseball.
- 2) Provide insight into common problems and early diagnosis.
- 3) Provide details on how to develop and utilize throwing programs for training and rehabilitative situations.

Kimberly Cubeta-Gileau, P.T., M.S., A.H.  
Department of Rehabilitation Services  
University of Connecticut Health Center  
263 Farmington Avenue  
Farmington, CT 06032-2915

# ***The Thrower's Arm***

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## **Making and keeping overhead athletes healthy**

**Monday, February 23, 2004  
9 am-1 pm**

**Keller Auditorium  
University of Connecticut  
Health Center**



**SPORTS MEDICINE  
GENERAL INFORMATION**

Tuition is free, but **pre-registration is required by February 16th**. Participants will receive a complimentary syllabus, refreshments, and lunch.

**Mail Registration to:**

Kimberly Gileau, P.T., M.S.A.H.  
University of Connecticut Health Center  
Department of Rehabilitation Services  
263 Farmington Avenue  
Farmington, CT 06032-2915  
Phone: (860) 679-3234

**CEU Credit**

NATABOC Approved Provider  
Application for P.T.credit in process

**Directions  
From I-84**

Take Exit 39 (if coming from I-84 West, Exit 39 is after 39A). Turn right at the first traffic light onto Route 4 East (Farmington Avenue). At the third traffic light, turn right to enter the Health Center campus.

**From Northbound Route 9**

Take Exit 32 (left exit) onto I-84 West and stay in the right lane. Take Exit 39 (first exit). Turn right at the first traffic light onto Route 4 East (Farmington Avenue). At the third traffic light, turn right to enter the Health Center campus.

**Parking**

Take your first left after entering the campus and follow signs for shuttle/conference parking. Take shuttle service to main hospital entrance. Keller Auditorium is one level down on the Ground floor.

**Weather**

In case of inclement weather, please phone for message: (860) 679-3234

***COURSE SCHEDULE***

- 9:00-9:15  
Welcome and Overview
- 9:20 – 9:45  
Shoulder anatomy  
Cadaver dissection
- 9:50 – 10:15  
Elbow anatomy  
Cadaver dissection
- 10:20 – 10:55  
Pitching mechanics – video  
and discussion
- 11:00 – 11:15  
Break
- 11:20 – 11:45  
Common pitching injuries
- 11:50 – 12:30  
Rehabilitation  
protocols and throwing  
programs
- 12:30 – 1:00  
Lunch and discussion

*The course will include the use of high-speed cinematography and computer generated models to demonstrate pitching form and mechanics. Video clips of common surgical procedures and diagnostic procedures will be shown to further participant's knowledge and understanding of shoulder and elbow*

*anatomy and its correlation to injuries*

<b>REGISTRATION FORM</b> <b>"The Thrower's Arm"</b> <b>February 23, 2004</b>	Name _____	Phone _____
	Address _____	
	City _____	State _____ Zip _____
	Profession _____	Facility/School _____
	Work Phone _____	Fax _____ E-mail _____