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

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**COURSE SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-9:15</td>
<td>Welcome and Overview</td>
</tr>
</tbody>
</table>
| 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.

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**REGISTRATION FORM**

"The Thrower's Arm"  
February 23, 2004

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Profession</th>
<th>Facility/School</th>
<th>Work Phone</th>
<th>Email</th>
</tr>
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