



San Francisco Giants 4th Annual Sports Medicine Conference **SPEAKER AGENDA**

FRIDAY, JANUARY 11, 2019: Grand Hyatt Hotel in San Francisco

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|-------------------|---|
| 7:00am | Check-In/Registration, Visit with Sponsors |
| 8:00am-8:05am | Introductions and Welcome: <i>Ken Akizuki, M.D., Team Physician</i>
<i>Dave Groeschner, Head ATC</i> |
| 8:05am-8:25am | Shoulder biomechanics, pathomechanics, and pathology
<i>Presenter: Rafael Escamilla, Ph.D., PT, CSCS</i> |
| 8:25 am-8:50am | Shoulder surgical considerations, current baseball trends
<i>Presenter: Tim McAdams M.D. Team Physician for SF Giants, 49ers</i> |
| 8:50am-9:15 am | Shoulder rehab considerations: Keys to post-operative shoulder rehab in the baseball player
<i>Presenter: Mike Reinold, PT, DPT, SCS, ATC, CSCS</i> |
| 9:15 am 9:35 am | Internal impingement of the throwing shoulder
<i>Presenter: Tony Reale, DPT, Head Physical Therapist SF Giants</i> |
| 9:35 am- 10:00 am | Q and A: Shoulder Topics + Break and Visit Sponsors |
| 10:00 am-10:20am | Elbow biomechanics, pathomechanics, and pathology
<i>Presenter: Rafael Escamilla, Ph.D., PT, CSCS</i> |
| 10:20 am-10:45 am | UCL treatment paradigm and options
<i>Presenter: Ken Akizuki, M.D., Team Physician SF Giants</i> |
| 10:45 am-11:10 am | Update on the UCL: Current scientific findings, rehab, performance metrics, predicting risk and prevention
<i>Presenter: Stan Conte, PT, DPT, ATC</i> |
| 11:10 am-11:20 am | Q and A for the elbow |
| 11:20 am-12:00 pm | Guest Speaker: Duane Kuiper and Dusty Baker
<i>Moderator:, Dave Groeschner, ATC, Head Trainer SF</i> |
| 12:00 pm-1:00pm | Lunch |



AFTERNOON SESSION

- 1:05pm-1:30pm **Orthobiologics in baseball**
Presenter: Alberto Panero, D.O., Team Physician for SF Giants Triple AAA affiliate Sacramento River Cats
- 1:30pm-1:50 pm **Rehab for orthobiologics: What the clinician needs to know**
Presenter: Kyle Yamashiro, PT, DPT, CSCS
- 1:50pm -2:10pm **ACL repair and antero-lateral ligment**
Presenter: Alan Hirahara, MD, Team Physician for SF Giants Triple AAA affiliate Sacramento River Cats
- 2:15pm-2:35pm **Oblique strains in professional baseball**
Presenter: Stan Conte, PT, DPT, ATC
- 2:35pm-2:45pm **Questions and Answers**
- 2:45 -3:05 pm** **Sponsor Presentation BREAK and Visit Sponsors**
- 3:05pm-3:25pm **Update on concussions in baseball**
Presenter: Anthony Saglimbeni, M.D., Team Physician SF Giants
- 3:25pm-3:50pm **Return to play rehab following a concussion**
Presenter: LJ Petra, ATC, CSCS SF Giants
- 3:50 pm-4:15pm **Science of enhancing velocity**
Presenter: Mike Reinold, PT, DPT, CSCS
- 4:15pm-4:40 pm **Differences among overhand, three-quarter, and sidearm pitching biomechanics in professional baseball players**
Presenter: Rafael Escamilla, Ph.D., PT, CSCS
- 4:40pm-4:50 pm **Questions and Answers PM Panel**
- 4:50pm -5:00pm **Wrap up and Saturday Logisitics**
Ken Akizuki, M.D., Team Physician SF Giants and Kara Maiko, RN
- 5:00-6:30 pm **COCKTAILS** Q and A by the sponsors table



SATURDAY, JANUARY 12, 2018: AT & T Ballpark

MORNING SESSION

- 7:30am-8:00 am Check-In and Light Breakfast at Ballpark
- 8:00 to 8:25 am **Internal brace for the thumb**
Steven Shin, M.D., Kerlan-Jobe, LA Dodgers, LA Angel, LA Rams
- 8:25 to 8:55 am **Case Presentation: Joe Panik.**
Dave Groeschner, ATC and or Tony Reale, DPT
- 8:55 am – 9:40 am **Player Guest Speaker: Joe Panik**
Dr. Akizuki Facilitator
Speaker Panel: Dave Groeschner, ATC, Tony Reale, DPT,
- 9:40 am to 10:05 **BREAK VISIT SPONSORS**
- 10:15 - 12:15 Morning Session (Groups A /B Clubhouse Level, C/D Upper level Stage)**
- 12:20 to 1:20 Lunch**
- 1:30 - 3:30 Afternoon Session (Groups C/D Clubhouse Level, A/B Upper Level Stage)**
- 3:45-4:15 Conclusion of Program Upper Level**
Ken Akizuki, M.D., and Kara Maiko
Raffle Prizes, Handout certificates, and complete surveys



CONCURRENT LAB DEMONSTRATIONS

10:15 to 12:15 Morning Session (Groups A /B Clubhouse Level, C/D Upper level Stage)

1:30 to 3:30 Afternoon Session (Groups C/D Clubhouse Level, A/B Upper Level Stage)

Home Field Hitting Cage

AM: 10:15 to 11:05 (A) 11:20 to 12:10 (B) PM 1:30-2:20 (C) 2:30-3:20 (D)
(50 min sessions)

Pre-throwing progression	(20 min) Yamashiro/ Maclean
Throwing progression	(20 min) Conte/Groeschner
Q and A	(10 min)

Home clubhouse

AM: 10:15 to 11:05 (B) 11:20 to 12:10 (A) PM 1:30-2:20 (D) 2:30-3:20 (C)
(50 min sessions)

Performance assessments	(20 min) Geoff Head, Sport Science
Blood flow restriction	(20 min) Kyle Belski, DPT Frank Perez, DPT
Q and A	(10 min)

Upper Level Stage

Treatment Demonstrations

AM session (C and D)

PM Session (A nd B)

AM	PM		
10:15 to 10:45	1:30-2:00	Manual Therapy for the Shoulder	Mike Reinold
10:45 to 11:30	2:00-2:40	PRI Rehab for baseball	Tony Reale
11:30 to 12:15	2:40-3:20	Regeneration for pitcher's	Tony Reale
		Massage Techniques	(20 min) Haro Ogawa
		Dry Needling	(20 min) David Getsoff, ATC

3:45-4:15

Conclusion of Program

Upper Level

Ken Akizuki, M.D., Team Physician SF Giants

Raffle Prizes, Handout certificates, and complete surveys