

# 2014 Upper Extremity Spring Symposium

**'Accelerated Evaluation and Treatment  
Techniques for the Shoulder and Elbow  
– Considerations for the Overhead Athlete'**

**April 12 & 13, 2014**

**The Westin Lombard Yorktown Center  
70 Yorktown Center • Lombard, IL 60148**

*Sponsored by*

**Lantz  
Medical**



***Accelerated***   
**rehabilitation centers**  
Physical Therapy • Sports Medicine

## COURSE DESCRIPTION

This 2-day course will allow participants to learn detailed evaluation and treatment skills for the upper extremity, specifically the shoulder and elbow. The course will focus on instructive lecture material with hands-on laboratory sessions in order to expand and enhance clinical skills. A comprehensive review of various upper extremity pathologies, including ones that effect the overhead athlete, and a detailed examination of surgical and non-surgical treatment protocols and rehabilitation will be provided.

## COURSE OBJECTIVES

Following the completion of the course the participant will be able to:

1. Understand surgical indications and procedures for the shoulder and elbow related to the overhead athlete.
2. Understand the influence the biomechanical chain has on the throwing mechanics in the overhead athlete.
3. Perform selected evidence based examinations for the upper quarter, including the shoulder and elbow.
4. Perform selected evidence based treatments that involve manual therapy and the kinetic chain for the overhead athlete.
5. Perform selected evidence based kinetic chain exercises to improve scapular stabilization and rotator cuff strength and understand progressions of these exercises.
6. Understand evaluation and treatment techniques for the post-operative elbow including indications, precautions and progression.

## ITINERARY

### Saturday April 12th, 2014

7:30 - 8:00 am	Registration / Breakfast
8:00 - 9:15 am	Guido Marra, MD Northwestern University Feinberg School of Medicine <i>Return To Activity/Sport After Shoulder Arthroplasty</i>
9:15-10:30 am	Charles Bush-Joseph M.D. Midwest Orthopedics at Rush <i>Shoulder Stabilization In The Overhead Athlete</i>
10:30-10:45 am	BREAK
10:45-12:00 pm	Ryan McDivitt, PT, DPT, SCS, ATC Accelerated Rehabilitation Centers <i>Scapular Strengthening In The Overhead Athlete</i>
12:00 – 1:00 pm	LUNCH on your own
1:00-4:15 pm	LAB SESSION John Bakouris, PT & Pat Vignona, III, PT, Cert. MDT, Astym Cert. <i>Advanced Exercises For The Overhead Athlete</i> Tim Kisner, MPT & Chad Randolph, PT <i>Functional Joint Resets: Upper Quadrant</i> Ryan McDivitt, PT, DPT, SCS, ATC & Mark Stead, PT <i>Scapular Assessment And Retraining</i>

### Sunday, April 13th, 2014

7:30-8:00 am	Breakfast
8:00-9:15 am	Roger Chams, M.D. Illinois Bone and Joint Institute <i>Rotator Cuff Injuries in the Overhead Athlete</i>
9:15-10:30 am	Timothy Havenhill M.D. McHenry County Orthopedics <i>Conservative and Surgical Management of the Athletes Elbow</i>
10:30-10:45 am	BREAK
10:45-12:00 pm	Terrance Sgroi, PT, DPT, MTC Accelerated Rehabilitation Centers <i>The Post-op. Elbow And Return To Sport</i>
12:00 – 1:00 pm	LUNCH Sponsored by Lantz Medical
1:00-4:00 pm	LAB SESSIONS Patrick Blair, PT, CHT, ATC & David Katz, OTR/L, CHT <i>Treating the Post-surgical Elbow</i> Terrance Sgroi, PT, DPT, MTC <i>Special Tests For The Overhead Athlete</i> Tim Kisner, MPT & Chad Randolph, PT <i>Functional Joint Resets: Kinetic Chain Considerations for the Throwing Athlete</i>

## GENERAL INFORMATION & REGISTRATION

Participation is limited to 100. Participants are accepted on a first-come, first-served basis. Enrollment is confirmed upon receipt of registration and payment. Breakfast and all breaks are included in course fee and lunch is on your own on Saturday. Participants with special diet restrictions should plan their own breakfast and snacks.

Registration for this symposium should be completed online at <http://2014spring.eventbrite.com>

Cancellations must be received in writing by Friday April 4th, 2014 for a refund, less a \$25 service fee. No refunds will be made after Friday April 4th, 2014.

**Target Audience:** PT, PTA, OT, ATC

**Level:** Intermediate

**Course Fee:** \$299.00

**Continuing Education Contact Hours:** 14.0

## FEATURED SPEAKERS & LAB INSTRUCTORS

### **Charles Bush-Joseph, M.D.**

Dr. Charles Bush-Joseph is an Orthopedic Surgeon at Midwest Orthopaedics at Rush. A graduate of the University of Michigan Medical School in 1983, he is currently a Professor at Rush University Medical Center and the Associate Director of the Rush Orthopaedic Sports Medicine Fellowship Program. Long involved in the care of high school, collegiate, and recreational athletes, Dr. Bush-Joseph is the head team physician for the Chicago White Sox Major League Baseball Club and Associate Team Physician for the Chicago Bulls.

### **Guido Marra, M.D.**

Dr. Guido Marra is a Professor of Orthopaedic Surgery at Northwestern University Feinberg School of Medicine and the Director of Shoulder and Elbow Surgery in the Department of Orthopaedic Surgery. He has been recognized as an international leader in the operative treatment of shoulder and elbow disorders, specializing in shoulder and elbow arthroscopy, shoulder and elbow replacement surgery.

Dr. Marra has been awarded Best Doctor in America in 2011-12 and Best Doctor in 2009, the Who's Who in Medicine and Healthcare also in 2011-12, American's Top Orthopedists in 2009. In addition, he was recognized with a Patient's Choice Award in 2008.

Dr. Marra is actively involved in orthopaedic education both nationally and internationally. He serves on several committees for the American Academy of Orthopaedic Surgery which focus on educating practicing orthopaedic surgeons. Dr. Marra regularly lectures both nationally and internationally on the surgical management of shoulder and elbow disorders.

### **Timothy Havenhill, M.D.**

Dr. Havenhill is a Hand and Upper Extremity Surgeon with McHenry County Orthopaedics in Crystal Lake. He is a graduate of West Point, a Desert Storm veteran, and a former high school science teacher. He did his residency in orthopaedics at the University of Chicago and his fellowship in hand and upper extremity surgery at Washington University/Barnes-Jewish Hospital in St. Louis. Additionally, he covers several of his local high school sports teams.

### **Terrance Sgroi, PT, DPT, MTC**

Terrance is a physical therapist with a clinical focus on sports medicine, injury prevention and return to sport. A 2005 PT graduate from the University of Scranton and 2007 DPT graduate from the University of St. Augustine, Terrance has focused and specialized in treatment of the overhead thrower. He developed and runs Accelerated Rehab's Overhead Throwing Program. He has helped to develop return to play protocols for ACL and leads Accelerated's 'Hip Preservation Team' where he specializes in treatment of Femoral Acetabular Impingement and post-operative hip procedures. He has worked in sports clinics in New York, New Jersey and now Illinois helping to provide clinical expertise and treatment to all out-patient conditions. Terrance works closely in the Chicago area with top sports orthopedic physicians to provide their patients with exceptional, individualized treatment. Terrance is currently involved in high level research projects analyzing youth pitching mechanics with publications to follow.

### **Ryan L. McDivitt, PT, DPT, SCS, ATC**

Ryan L. McDivitt is the Facility Manager at Accelerated Rehabilitation Centers in Avon, IN. He previously was at Methodist Sports Medicine Center and was also the athletic trainer at Covenant Christian High School. He also held adjunct and part-time faculty positions at the University of Indianapolis and DePauw University respectively. Ryan has been an invited speaker for multiple sports physical therapy topics and has authored several publications on orthopedic rehabilitation of the knee.

Mr. McDivitt earned his Bachelor of Arts degree in Athletic Training from Anderson University. He then received a Doctor of Physical Therapy from the University of Indianapolis Krannert School of Physical Therapy. He is certified as a Sports Clinical Specialist by the American Board of Physical Therapy Specialists. He also is an APTA Credentialed Clinical Instructor and has served in the Center Coordinator of Clinical Education role. Ryan has advanced training in Graston Technique, Functional Movement Screen, and Dartfish Video Analysis.



## FEATURED SPEAKERS & LAB INSTRUCTORS (Continued)

### **Tim Kisner, PT**

Mr. Kisner received his Bachelor of Science degree in Kinesiology from the University of Illinois at Urbana-Champaign in 1997 and a Master of Physical Therapy degree from Northwestern University in 1999. Mr. Kisner has spent much of his career working collaboratively with numerous orthopedic surgeons and athletic trainers in the Western Suburbs of Chicago. Mr. Kisner has incorporated a wide array of manual therapy treatment technique concepts into what has become a whole body, biomechanical treatment concept allowing him to meet the needs of a wide array of patients. Mr. Kisner's specialties include orthopedic and sports medicine rehabilitation, total joint rehabilitation, sport specific biomechanical analysis, throwing/pitching evaluation, running and gait analysis, advanced functional strengthening, and Kinesiotape and McConnell taping techniques.

### **Roger Chams, M.D.**

Dr. Chams was fellowship trained at the prestigious Southern California Orthopedic Institute where he received specialized training in minimally invasive arthroscopic surgery of complex knee and shoulder issues and sports injuries. After his fellowship, he brought back many procedures that had not previously been performed in the area. Dr. Chams has been in practice with the Illinois Bone and Joint Institute for over 15 years. His Sports Medicine experience includes treating thousands of Professional, NCAA, Amateur athletes, as well as work related injuries. He has been the team physician for Lake Forest College as well as multiple High School teams and athletic clubs, for 15 years. He has been chosen as a team physician for the USA Soccer Federation Men and Women National Teams.

Dr. Chams has presented at national meetings, published multiple journal articles, instructional videos, and has authored a text book chapter on Advanced Shoulder Arthroscopy. He continues to be active as a member and instructor for the Arthroscopy Association of North America (AANA), American Association of Orthopedic Surgeons (AAOS), and the American Orthopedic Society for Sports Medicine (AOSSM), teaching advanced knee and shoulder arthroscopic surgical technique courses for other Orthopedic surgeons. He is an instructor for the Residents / Fellows Advanced Surgical Arthroscopic Shoulder/ Knee Course at the Academy Learning Center and continues to routinely teach continued medical education courses for physicians, physical therapists, and athletic trainers.

Dr. Chams has been awarded to the "Top Tier MD," "Chicago's Top Doctor," American Registry "Patient's Choice." He has been selected to "America's Top Orthopedists" by the Consumer Research Counsel of America for the last 12 years.

### **Patrick Vignona III, PT, Cert. MDT, Astym Cert.**

Mr. Vignona received his Bachelor's Degree in Exercise Physiology in 2003 and his Master of Physical Therapy degree in 2006, both from Long Island University-Brooklyn. Mr. Vignona started his career working with the Long Island Lizards, a professional lacrosse team in the Major League Lacrosse. He worked with their athletic trainers and strength coaches to develop their off-season workouts to help prevent injuries. He eventually became their Director of Physical Therapy.

Mr. Vignona then became the Director of Rehabilitation at an Out Patient Orthopedic/Sports Medicine clinic in Hoboken, NJ. There he worked extensively with multiple Division 1 College Sports programs, Olympic, and Professional athletes. He was the Athletic Director for a Triathlon club where he helped develop training programs and injury prevention strategies.

Mr. Vignona is a Certified McKenzie Practitioner, Certified ASTYM provider, and trained in Kinesio Taping. Mr. Vignona is a native New Yorker and recently moved to the Mid-West with his wife Catie, to grow his Sports Medicine experience and career. As a former Division 1 Athlete, and current endurance athlete himself, he is very comfortable treating any type of athlete. He understands the drive and commitment athletes have to their sport and does his best to keep them at their peak level of performance.

### **Mark Stead, PT, ATC**

Mark is a facility manager at the Plainfield clinic for Accelerated Rehabilitation Centers. He graduated from West Virginia University in 1992 with a BS in Exercise Physiology/Athletic Training and in 1994 with a BS in Physical Therapy. Mark is also trained in Graston, Astym and Functional Movement Screen. In addition, his clinical interests include patellofemoral rehabilitation and the treatment of athletic injuries.



## FEATURED SPEAKERS & LAB INSTRUCTORS (Continued)

### **Chad Randolph, PT**

Mr. Randolph received his bachelor of arts majoring in biology with an emphasis in psychology from Augustana college in 1991. He earned his Masters in physical therapy from Northwestern University in 1993. He has worked in a variety of settings but has focused most of his time in Out patient orthopedics working closely with several physician's and therapists in a collegiate setting to allow better collaborative learning between the medical disciplines.

Mr. Randolph is highly skilled in biomechanics and assessing movement dysfunction. He has worked with patients of all ages with a wide variety of orthopedic diagnoses. He has utilized a wide array of assessment and manual treatment techniques over the past 20 years and has developed a treatment strategy called "Quadrant theory and Functional Joint Resets". He utilizes this skill set to diagnose and treat the causative factors of the movement disorder with a whole body approach. He has utilized these advanced techniques successfully for over 5 years and receives patients from several local physicians to aid them in their diagnostics of their most difficult cases.

Mr. Randolph has focused on developing coursework for this assessment and treatment strategy to be taught starting this year at Accelerated Rehabilitation Centers. He has developed this coursework for the second level courses in our "Overhead Throwing Athlete" program. His desired intent is to add to every clinician's skill set without contradicting previously learned skills.

### **Patrick Blair PT ,CHT, ATC**

Mr. Blair is a hand and upper extremity specialist with Accelerated Rehabilitation Centers in Palos Heights, IL. Mr. Blair received his undergraduate degree from the University of Illinois at Urbana Champaign in 1988. He then received his Physical Therapy degree from Northwestern University Medical School Programs in Physical Therapy in 1990.

Mr. Blair has 23 years as a Physical Therapist and 17 years as a Certified Hand Therapist. He treats a wide range of surgical and non-surgical Orthopedic injuries. Mr. Blair serves as Accelerated's Hand Therapy Program Director for the South Chicagoland area. He specializes in custom static and dynamic splinting and has extensive experience in providing treatment from a conservative perspective as well as treating post surgical upper extremity conditions

### **John Bakouris, PTA, ATC, ASTYM Cert., ART Cert.**

John Bakouris, a PTA graduate from the College of DuPage in Glen Ellyn, IL and licensed/certified ATC, has been practicing for over 20 years throughout Chicagoland. John is currently the Facility Manager for Accelerated Rehabilitation Centers in Lockport, IL. Additionally, John works as a physician extender for numerous leading orthopedic physicians across Chicagoland as well as clinic high school outreach programs throughout the surrounding communities. His extensive history includes working as the head athletic trainer for the USA Hockey and Wrestling teams, which have been competing nationally and internationally since 1994 in countries as far as Siberia, Romania, Slovenia and Bulgaria. John is also an ASTYM certified provider and ART certified.

### **David Katz, OTR/L, CHT**

Mr. Katz received his Masters of Occupational Therapy from Midwestern University in 2001. In 2006, he earned his certification in hand therapy from the Hand Therapy Certification Commission. In 2010, Mr. Katz earned his certification in ASTYM (Augmented Soft Tissue Mobilization). Mr. Katz is highly skilled in treating a wide variety of upper extremity injuries such as tendon repairs, fractures of upper extremity, nerve compressions, tendonitis, amputations, upper extremity joint replacements, rotator cuff repairs, and SLAP (Superior Labrum Anterior Posterior)/Bankhart repairs of the shoulder. Mr. Katz has advanced training and experience fabricating a variety of static progressive, dynamic and static splints for injuries related to the hand, wrist, and elbow.

Mr. Katz has focused his post professional education on advancing his knowledge with hand therapy. Furthermore, Mr. Katz has begun coursework with the International Academy of Orthopedic Medicine to earn certification in manual therapy of the upper extremity.





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