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| 8:00 -8:45 | Sign In |
| 8:45 -9:00 | Greeting & Introduction Jenn Hogg ATC, LAT, ITAT |
| 9:00 -9:20 | Review of Shoulder anatomy Dennis DeBenedetto PT |
| 9:25 -9:45 | Review of the Elbow joint Dennis DeBenedetto PT |
| 9:50 -10:10 | Injuries assoc. with overhead throwing Brent Undercoffer DPT |
| 10:10 10:25 | B-R-E-A-K |
| 10:25-10:45 | Epidemics of youth shoulder injuries Dave Warwick ATC, LAT, ITAT |
| 10:50- 11:20 | Shoulder injury vs. Shoulder pain Dr. Gary Kane |
| 11:25-11:50 | College baseball pitching coach John Trask, Pitching Coach |
| 11:50-12:00 | Panel discussion of am topics |
| 12:00-1:00 | Lunch (on your own) |
| 1:00-1:20 | Rehab of slap tear Andy Cannon PT, MHS, SCS, CSCS |
| 1:25-1:45 | Rehab of an elbow (TJ surgery) Andy Cannon PT, MHS, SCS, CSCS |
| 1:50 -2:10 | Creating a return to play rehab program Andy Cannon PT, MHS ,SCS, CSCS |
| 2:15 - 2:35 | Essentials of a proper overhead serve Cedardale Tennis Professional |
| 2:25- 2:50 | Overhead athlete strengthening Michael Thompson ATC, NHLAT, CSCS |
| 2:55-3:20 | Benefits of a strong core Kelli Mokeler, Personal Trainer |
| 3:30-3:45 | Panel discussion of afternoon topics |
| 3:45 | Closing remarks |



This coming spring will be the calling to thousands of young athletes and weekend warriors to begin their activities again.

This is also a calling to the people who deal with these athletes.

Are you ready?

This seminar will review, educate and leave you well prepared for these athletes. Please join us on **March 4, 2017.**

Northeast Rehab Sports Medicine

Spring Shoulder Seminar

Saturday March 4th 2017



Spring Shoulder Seminar:

This one day seminar is a multi-discipline approach to overhead shoulder injuries. The day will include . . .

A presentation by a former college baseball pitching coach - who brings a unique perspective on how to properly train the overhead throwing athlete - which includes what to do in the days leading up to the next pitching outing.

We have brought in a teaching tennis professional to give a presentation on what the key components are of an overhead tennis serve. He will also discuss common errors which can be corrected.

Proper conditioning and appropriate weight instruction advice will be delivered from a Parisi Speed School strength and conditioning coach.

The fundamentals of a strong core will be addressed by one of the area's finest Fitness professionals.

These along with other key topics of shoulder injury and rehabilitation will take place on:

Saturday March 4th 2017
Northeast Rehab at Cedardale
931 Boston Road, Haverhill, MA.
8:45 to 4:00 pm

Course Presenters:

Andrew Cannon is a 1982 graduate of Northeastern University with a Bachelor of Science in Physical Therapy. In 1997 he received his Masters of Orthopedic Health Science from the University of Indianapolis. In 1999 he became a Certified Strength and Conditioning Specialist. He has been the Director of Sports Medicine for Northeast Rehab Hospital Network since 2000. He has served as Adjunct Faculty and Team Physical Therapist at Merrimack since 1996. In 2003 Andrew became the first physical therapist in New Hampshire to be board certified in Sports by the American Board of Physical Therapy Specialties.

Gary Kane is a member of the Massachusetts Chiropractic Society and has served as a National Lecturer for the Chiropractic Profession, teaching at many colleges across the United States. He also served as an adjunct faculty member at the New York Chiropractic College; provided continuing education for the nursing profession and has engaged in many community education programs at local area grade schools.

Michael Thompson is an Athletic Trainer, Strength & Conditioning Coach and devoted father from Epping, New Hampshire. Mike has presented for several orthopedic groups in regards to treatment and management of overhead athletes such as Baseball, Softball & Swimming. He has also advised is worked with local police & fire about injury reduction, reducing time loss & the special demands of training the tactical athlete.

Kelli Mokeler has been active in the Fitness Industry and Personal Training field for over 15 years. Her focus is on helping clients achieve results, teaching proper form and nutrition, and overall health and wellness for a better quality of life. Kelli is certified through American College of Sports Medicine as a Master Personal Trainer. She also holds certifications as a Parisi Speed School Coach, TRX, and Johnny G Spinning Instructor. She is in the process of obtaining FMS Level 1 & 2 certifications. Kelli currently serves as the Director of Personal Training at Cedardale Health and Fitness.

Dennis Debennetto 1982 graduate of Boston University, BS PT My focus has been in outpatient orthopedics I am currently employed, and have been for the past eleven years, with Northeast Rehabilitation Hospital Network at Cedardale Adjunct professor at Merrimack College the past four years teaching anatomy and physiology

Brent Undercoffer is a staff Physical Therapist at NRH Cedardale. He received his DPT in 2014. He is an avid cyclist.

John Trask is currently the pitching coach at Haverhill High School after spending the last 10 years at Fisher College. He has had 4 pitchers drafted into MLB while at Fisher College. John, also, coaches the Haverhill American Legion baseball team.

Dave Warwick is the Coordinator of Sports Medicine programing for NRHN. He is a 1991 graduate of Springfield College with a M.Ed. in Sports Medicine. He received the 1987 PBATS Scholarship. He is currently contracted to Haverhill High School.



NRHN

To register: Please contact Dave Warwick
at 603-681-3570 or
Email Dwarwick@Northeastrehab.com
FREE to all NRH Staff
Spaces are limited – Sign up today

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