

The Injury Prevention and Treatment Techniques Baseball Medicine Conference

Robb Blackaby, Licensed Physical Therapist, Certified/Licensed Athletic Trainer, and Certified Functional Manual Therapist and Craig Coats, Certified/Licensed Athletic Trainer, both of The Desert Institute of Physical Therapy, recently attended the *Injury Prevention and Treatment Techniques Baseball Medicine Conference* in Washington, D.C. January 8-10. Robb and Craig found the conference to be worthwhile and educational as they received updated information in regards to baseball sports medicine and treatment applications in the clinic. The information learned has already been incorporated into treatment regimens for their baseball patient population, including players with the Oakland A's, college and adolescent athletes.

The 2009 Baseball Team Medicine Conference Faculty was made up of Professional Team Orthopaedist, Clinical Professor of Orthopaedic Surgery Georgetown University, Athletic Trainers, Physical Therapists, Sports Medicine Professionals, Orthopaedic Surgeons and other well educated, experienced reputable professionals in the baseball medicine field.

The agenda included but was not limited to the following: Biomechanics of baseball, the role of scapula in throwing motion, rotator cuff problems in baseball, labral injuries, development & challenges in youth baseball, adolescent baseball injuries, protein needs for baseball players, respiratory infections & sports, the athletes hip, Osteochondritis Dissecans of the elbow, foot & ankle injuries, hamstring rehabilitation, and Lumbo-Pelvic-Hip Complex Dysfunction.

Breakout Groups were used to for a more hands on learning approach to:

- Hitting Mechanics
- Pitching Mechanics
- Shoulder & Elbow Evaluation
- Kinesiotaping
- Advanced Aquatic Therapy
- On the Field Emergencies
- Strength & Conditioning in Baseball
- Active Release & Graston Techniques

The Desert Institute opened in 1993 and has grown from a two person operation to a staff of greater than fifteen, including six Physical Therapists, two Athletic Trainers, a Massage Therapist, PT technicians and a complete billing staff to assist you.

The staff has on average of 20 years of experience of treating patients. The Desert Institute of Physical Therapy provides service for patients who have sustained injuries in motor vehicle accidents, sports related injuries, industrial, and general population. Our staff has worked with patients on the PGA, LPGA and Champions' Tours, Oakland A's, as well as, action sports athletes who have competed in the winter & summer X Games and Olympics, including members of the US Snowboarding Team and Vans Triple Crown of Skateboarding and Snowboarding.