

Course Title: Rehab 135: The Overhead Athlete: Injury Prevention, Rehabilitation & Performance Training

Course Description: This course focuses on injury prevention, rehabilitation, and performance training in the overhead athlete. The material is relevant to sports medicine clinicians, strength and performance coaches and personal trainers working with overhead athletes. In section one, the biomechanics of the pitching motion is detailed, with a discussion on the relationship between biomechanical efficiency, pitching pathomechanics, musculoskeletal impairments, and injury risk factors. Recent advances in injury screening metrics used at the professional level are introduced that are invaluable in identifying overhead athletes at risk of sustaining an injury to the shoulder or elbow. The diagnosis and rehabilitation of common shoulder musculoskeletal injuries are discussed in hour 2 with an emphasis on key concepts to attain the best outcomes. The transition to performance training is highlighted in the third section, with information on key performance factors, baseball - specific exercises, interval throwing programs, weighted ball programs and return to play criteria. The material in this course is designed to fill in the gaps between injury prevention, rehabilitation and performance training.

Target Audience: PT/PTA, OT/OTA, AT

Course Type: Audiovisual Presentation

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 3 contact hour / .3 ceu

Course Prerequisites: None

Course Author / Instructor: Robert McCabe,

Learning Objectives:

Hour 1

- Recall 2 pathological pitching mechanical patterns that may lead to injury
- List 3 injury risk factors in in the overhead athlete
- Provide 4 injury prevention screening tests for the overhead athlete
- With respect to shoulder strength, cite 3 metrics that can be used as red flags to identify players who are at higher risk for incurring an injury to the shoulder /elbow

Hour 2

- Describe 1 clinical test to evaluate anterior and posterior shoulder instability
- List the 3 components of an evidence -based test cluster to assess rotator cuff pathology in the overhead athlete
- Identify 2 components in the rehabilitation program for shoulder instability

- List and define the 3 types of shoulder impingement

Hour 3

- Recall 2 Performance factors in pitching
- Cite 2 return to play criteria for the overhead athlete
- Identify one advantage of weighted ball holds
- Identify one disadvantage of weighted ball programs

Agenda:

Hour #1

- Introduction (5 min)
- Normal and pathological pitching mechanics (20min)
- Injury risk factors in pitching (10 min)
- Injury Prevention/ Arm Care Program (30 Min)

Hour #2

- Eval & Treatment of Common Injuries/ Conditions in the Overhead Athlete
 1. Shoulder Instability (30 min)
 2. Rotator cuff disorders (30 min)

Hour #3

- Eval & Treatment of Common Injuries/ Conditions in the Overhead Athlete (continued) (15 min)
 1. SLAP lesions (15min)
 2. Return to play criteria & interval programs (10min)
 3. Performance / post-rehabilitation training (20 min)

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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