



CEU EVENT

Pro Sports Symposium

Virtual

2026-12-08 | December 8 from 5:45 to 9pm and December 9 from 5:15-9pm

Instructors: Jeremy Harris, PT, DPT, ATC Vincent H. Key, MD, FAOA Johnny Passarelli, MPT, SCS Dan Lynch, PT, DPT, L/ATC, SCS, CSCS Logan Kelly-Sullivan, PT, DPT, SCS, OCS, CSCS, PhD(c) Hilary Obert, DPT, SCS, CSCS Bami Adu, PT, DPT, SCS, CSCS Carly Solow, PT, DPT, SCS, CSCS, CPSS Joe Robinson, PT, DPT, OCS, SCS, ATC Mike Sola, ATC, PT, DPT Mark Packwood, PT, MPT, MClSc (MT), FAAOMPT, SCS, CSCS Jarred Boyd, DPT, SCS, CSCS

CEU Hours: 6.5

Practice Gap/Description: Sports medicine clinicians routinely manage complex injuries in athletes who must return to high levels of physical performance. However, rehabilitation decisions may still rely heavily on time-based progression, isolated impairment findings, or resolution of symptoms rather than a comprehensive assessment of tissue-specific capacity, biomechanical demands, kinetic-chain contributions, sport-specific workload, and objective criteria for progression. This creates a practice gap between traditional rehabilitation approaches and the desired evidence-informed, criteria-based approach, in which clinicians integrate tissue healing and loading principles, biomechanics, objective performance measures, and the specific demands of sport to guide rehabilitation and return-to-sport decisions. The Pro Sports Symposium addresses this gap by providing clinicians with practical frameworks for managing complex upper- and lower-extremity sports injuries, progressing tissue-specific loading, identifying kinetic-chain and performance factors that may influence recovery, and using objective criteria to transition athletes from rehabilitation through reconditioning and return to performance.

Learning Objectives:

INJURIES TO THE SHOULDER ACCELERATORS

- Analyze the relevant anatomy and anatomic considerations of the accelerator muscles of the shoulder in the overhead athlete and explain their implications during the throwing motion.



- Differentiate common presentations of accelerator muscle injuries, their potential severity, and typical special-test findings.

UCL RECONSTRUCTION: A NEW AND NOVEL APPROACH

- Identify examination and radiographic findings used in the diagnosis of UCL injuries.
- Compare linear and nonlinear UCL reconstruction concepts and apply findings to treatment planning for throwing athletes.

THE SHOULDER AS THE VICTIM: KINETIC CHAIN DEFICITS

- Explain how energy is generated and transferred through the kinetic chain during overhead sports.
- Recognize common distal deficits that may increase shoulder and elbow loading in overhead athletes.

HIGH ANKLE SPRAIN MANAGEMENT AT A HIGH LEVEL

- Apply evidence-informed, criteria-based rehabilitation and return-to-sport principles to the management of high ankle sprains across surgical and non-surgical presentations.

GRADED EXERCISE EXPOSURE FOR KNEE ARTICULAR CARTILAGE

- Describe how cartilage-specific tissue biology responds to loading and why loading variables should be modified based on the site of injury.
- Justify whether a selected exercise should or should not be programmed during a specific stage of rehabilitation.

RETURN TO RUN FOLLOWING HAMSTRING INJURY

- Identify at least four biomechanical and training variables that influence hamstring mechanical load during running, including velocity, joint position, acceleration or deceleration, movement direction, and fatigue.
- Develop a progressive return-to-running framework from low-speed linear running through sprinting, multidirectional running, and sport-specific exposure.

INDIVIDUALIZED REHABILITATION APPROACH TO GROIN INJURIES

- Describe current evidence-based management of groin injuries.
- Analyze proximal and distal kinetic-chain factors that may influence pelvic stability and contribute to groin injury.
- Evaluate clinical decision-making in case examples of groin rehabilitation.

MANAGEMENT OF NON-SURGICAL HIP PATHOLOGY THROUGHOUT AN NHL SEASON

- Recognize clinical patterns associated with hip and groin pathologies in ice hockey athletes.

CHECKLIST THINKING DURING THE RECONDITIONING PROCESS

- Apply key concepts when developing key performance indicators and criteria-based stages of rehabilitation.
- Analyze relevant key performance indicators to guide appropriate progression during reconditioning.

RETURN TO PERFORMANCE FOLLOWING AN ISOLATED LCL INJURY IN HOCKEY

- Create a progressive return-to-skating framework following an LCL injury.
- Analyze relevant anatomy and key considerations across early- through late-stage



rehabilitation.

RESTORING THE ADDORDANCE LANDSCAPE: HOW TORQUE MODERATES THE
MOMENTUM DEMANDS OF SPORT

- Analyze how tissue-specific torque capacity moderates the momentum demands of sport and use this relationship to guide isolated

Schedule of Events:

Date Time Speaker Session

Tuesday, December

8, 2026

5:45–6:00 p.m. Introductions Not included in
contact hours

6:00–6:30 p.m. Jeremy Harris Injuries to the
Shoulder

Accelerators

6:30–7:00 p.m. Vincent H. Key UCL Reconstruction:
A New and Novel

Approach

7:00–7:30 p.m. Johnny Passarelli The Shoulder as the
Victim: How Kinetic

Chain Deficits

Contribute to Upper

Extremity Injury in

the Professional

Athlete

7:30–7:45 p.m. Roundtable Q&A Moderated
discussion

7:45–8:15 p.m. Dan Lynch High Ankle Sprain
Management at a

High Level

8:15–8:45 p.m. Logan Kelly-Sullivan Graded Exercise
Exposure for Knee

Articular Cartilage

8:45–9:00 p.m. Roundtable Q&A Moderated
discussion

Wednesday,

December 9, 2026

5:15–5:30 p.m. Introductions Not included in
contact hours

5:30–6:00 p.m. Bami Adu Return to Run



Following Hamstring

Injury: Practical

Framework for Elite

Athletes

6:00–6:30 p.m. Carly Solow Individualized

Rehabilitation

Approach to Groin

Injuries: A Case

Series

6:30–7:00 p.m. Joe Robinson Management of Non-

Surgical Hip

Pathology

Throughout an NHL

Season

7:00–7:15 p.m. Roundtable Q&A Moderated

discussion

7:15–7:45 p.m. Mike Sola Checklist Thinking

During the

Reconditioning

Process

7:45–8:15 p.m. Mark Packwood Return to

Performance: A

Systematic

Approach to

Rehabilitation of an

Isolated LCL Injury in

Hockey

8:15–8:45 p.m. Jarred Boyd Restoring the

Affordance

Landscape: How

Torque Moderates

the Momentum

Demands of Sport

8:45–9:00 p.m. Roundtable Q&A Moderated

discussion

Free to attend, learners can unenroll from the course without penalty at anytime



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Additional Course Information:

This course is sponsored by iMSKA (formerly ATI Physical Therapy) and does not require any materials or equipment to participate

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