



31st Annual Sports Medicine Summit

Keeping Athletes in the Game: Innovations in Overhead Sports Care

COURSE DESCRIPTION

Overhead athletes place extraordinary demand on the shoulder, elbow, and kinetic chain, and their injuries rarely follow a single pathway.

This two-day face to face summit brings surgeons, physicians, physical therapists, and athletic trainers together across baseball, softball, swimming, volleyball, lacrosse, and racquet sports. Sessions will pair surgical decision-making with rehabilitation strategy, closing with hands-on demonstration labs in upper extremity examination, neurocognitive training, throwing mechanics, and hip-core stability.

PARTICIPANTS WILL BE ABLE TO

- Analyze sport-specific overhead mechanics across baseball, softball, swimming, volleyball, lacrosse, and racquet sports
- Apply rehabilitation strategies for the thrower's shoulder and rotator cuff in the overhead athlete
- Compare surgical and non-surgical management of SLAP, shoulder instability, and UCL injuries
- Perform upper extremity examination and neuro-cognitive screening techniques
- Select evidence-based interventions for thoracic outlet syndrome and hip labral injury
- Educate athletes and families on safe pitching volume and return-to-throwing timelines



COURSE DETAILS

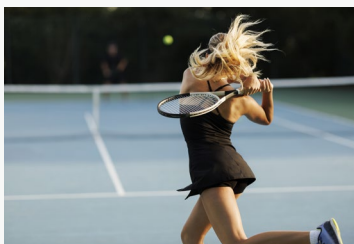
- 1 November 13-14, 2026 – Face to Face**
- Cleveland Clinic Administrative Campus, Building 4, 4th Floor, 3175 Science Park Dr, Beachwood, OH 44122
- For questions: ceinfo@ccf.org

FULL AGENDA

DAY 1 – FRIDAY, NOVEMBER 13, 2026

THROW, SERVE, SPIKE, REPEAT: MANAGEMENT STRATEGIES FOR THE OVERHEAD ATHLETE

- 2:55 pm Welcome
- 3:00 pm Softball Pitching Mechanics
- 3:30 pm Swimming and Strengthening the Shoulder
- 4:00 pm Racquet Sports and the Upper Extremity
- 4:30 pm An Overhead Perspective on Lacrosse
- 5:00 pm Discussion Answer and Questions
- 5:10 pm Break
- 5:30 pm Football: Quarterback Throwing Issues
- 6:00 pm Return to Volleyball After Upper Extremity Injury
- 6:30 pm Thoracic Mobility in Reducing Volleyball Injury
- 7:00 pm Discussion: Questions and Answers
- 7:15pm Adjourn



DAY 2 – SATURDAY, NOVEMBER 14, 2026

THE THROWING ATHLETE: INJURY ASSESSMENT AND REHABILITATION IN BASEBALL

- 7:00 am Registration
- 7:40 am Introductions

Session I:

- 7:45 am What Is A Thrower's Shoulder? Can It Be Fixed
- 8:10 am Rehab For The Overhead Professional Athlete
- 8:35 am SLAP: Does Surgery Help or Derail The Overhead Athlete
- 8:55 am Holding It Together: Managing the Unstable Shoulder In The Overhead Athlete
- 9:20 am Thoracic Outlet Syndrome
- 9:50 am Panel Discussion
- 10:05 am BREAK Visit Exhibitors

Session II:

- 10:15 am Rotator Cuff Surgery For The Overhead Athlete
- 10:45 am Rotator Cuff Rehabilitation For The Throwing Athlete
- 11:05 am UCL Non Op Management (Orthobiologics)
- 11:35 am UCL Injury: Surgical Versus Non Surgical Management
- 12:05 pm Panel Discussion

- 12:15pm LUNCH

Session III:

- 1:00 pm Hip - Labral Injury Management For The Throwing Athlete
- 1:30 pm Return To Throwing Program: How Long Did You Say
- 2:00 pm What Is Too Much? Youth Baseball Pitching
- 2:20 pm Panel Discussion
- 2:35 pm BREAK Visit Exhibitors

Session IV:

- | | A | B |
|---------|--------------------------|--------------------------|
| 2:45 pm | Upper Extremity Exam | UE Neuro-Cognitive Tests |
| 3:45 pm | Throwing Mechanics Lab | Hip-Core Stability Lab |
| 4:45 pm | Panel Wrap Up Discussion | |
| 5:00pm | Adjourn | |

Cancellation Policy: No refunds will be given for cancellations or no shows or for incomplete work/not passing the post course assessment for athletic trainers. Cleveland Clinic Sports Medicine reserves the right to cancel a course up to 15 days prior to the date of the course with full refund if insufficient numbers of participants have registered for the course. Please see page 2 for course fees and registration deadline dates.



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COURSE FACULTY

Jason Genin, DO
Team Physician Cleveland Guardians
Summit Co Director

Gary Calabrese, PT, DPT
CCRST Senior Director Rehab
Team PT Cleveland Cavaliers
Summit Co Director

Vickie Williams, PT, DPT
Orthopaedic Clinical Specialist

Ace Egger, MD
Assistant Team Physician John Carroll
University
Team Physician Medina HS

Jose Vega, MD
Team Physician Padua HS, Lake Erie
Crushers, Lake County Captains,
Cleveland Guardians

Michael Scarcella, MD
Team Physician Cleveland Guardians,
Cleveland Charge, Cleveland State
University

Vikas Patel, DO
Team Physician Avon HS

Kristen Troyer, PT, DPT
Clinical Specialist

Dan Pagan, PT
Rehab Manager CC Canfield
Co Chair Manual Therapy SIG

Joe Tramer, MD
Team Physician Kent State University

Andrea Peterson, PT, DPT
Orthopaedic Clinical Specialist
Co Chair of Overhead Athlete SIG

Jim Mehalik, PT, DPT
Rehab Manager CC Middleburg Hts
PT Consultant Cleveland Guardians

Kathleen Killian, PT, DPT
Clinical Specialist
Former PT Pittsburgh Pirates

Katie Damico, PT, DPT
Orthopaedic Clinical Specialist

Meghan Paidar, PT, DPT
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Team PT St Edward HS, Kent State
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Nick Redden, PT, DPT, AT
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Zachary Dawson, PT, DPT
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Orthopaedic Clinical Specialist

Joe Peters, PT, DPT
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Matt Winters, PT, DPT
Rehab Manager CC Westlake
Co Chair Overhead Athlete SIG
Sports Clinical Specialist

Dawn Lorring, PT, MSPT
Rehab Manager CC Independence
Co Director Clinical Excellence
Sports Clinical Specialist



COURSE APPROVAL INFORMATION



Cleveland Clinic Sports Medicine is approved by the Board of Certification, Inc. to offer continuing education (CE) to Certified Athletic Trainers (BOC AP#P410). Athletic trainers should only claim the hours spent in the educational program.

Friday November 13, 2026:

Throw, Serve, Spike, Repeat: Management Strategies for Overhead Athletes is eligible for up to 4.0 category A CE hours

Saturday November 14, 2026:

The Throwing Athlete: Injury Assessment and Rehabilitation in Baseball is eligible for up to 8.5 category A CE hours

Athletic Trainers: A post course evaluation and post course assessment with a passing grade will be required to receive your BOC CEU certificate. Defined passing grade will be posted on post course assessment.

Required materials for face to face attendees: no materials required

This course is being submitted to the Ohio Physical Therapy Board for:

Friday November 13, 2026: 4.0 CEUs

Saturday November 14, 2026: 8.5 CEUs

To Register: www.clevelandclinic.org/sportsmedicinesummit

Deadline to Register: October 23, 2026

Friday November 13, 2026 Only: \$100.00

Saturday November 14, 2026 Only: \$200.00

Friday Nov 13 and Sat Nov 14, 2026: \$300.00

Registration fees will increase October 24-November 4 2026. No registrations can be taken after November 4, 2026 at 5pm EST.