

Course Title:

Optimizing Performance and Recovery in the Throwing Athlete: Manual Therapy, Assessment, and Rehab Strategies

Course Length:

Total Duration: 7.5 Hours

Eligible for **0.75 CEUs**

Course Description:

This comprehensive course is designed for rehabilitation professionals working with throwing athletes, particularly baseball pitchers. It integrates manual therapy techniques, biomechanical assessment, performance preparation, and progressive rehabilitation strategies. Participants will gain practical tools to enhance athlete care, optimize performance, and reduce injury risk.

Course Objectives:

By the end of this course, participants will be able to:

1. Apply manual therapy techniques specific to the biomechanical demands of throwing athletes.
2. Perform detailed assessments of the shoulder, elbow, wrist, and hand in overhead athletes.
3. Design individualized pre-outing routines for pitchers based on workload and recovery needs.
4. Implement in-season conditioning strategies using the Starter's Five-Day Routine and Thrower's 10.
5. Develop rehab programs that incorporate progressive throwing protocols and return-to-play criteria.
6. Critically evaluate emerging trends such as velocity programs, weighted balls, and performance analytics.

Agenda & Time Breakdown:

Session 1: Manual Therapy Treatment for the Throwing Athlete

Duration: 2 hours

- Overview of throwing biomechanics
- Common dysfunctions and manual therapy approaches
- Hands-on lab: scapular mobilization, thoracic spine techniques, soft tissue work

Session 2: Assessment of the Throwing Shoulder, Elbow, Wrist, and Hand

Duration: 1.5 hours

- Functional anatomy and kinetic chain considerations
- Special tests and movement screening
- Case-based assessment strategies

Session 3: Prepping Pitchers for Their Outing

Duration: 1 hour

- Warm-up protocols and activation drills
- Mental and physical readiness
- Customizing routines based on role and recovery

Session 4: Starter's Five-Day Routine, the Thrower's 10, and Dosing Conditioning During the Season

Duration: 1 hour

- Structuring workload and recovery
- Integrating strength and mobility
- Monitoring fatigue and performance metrics

Session 5: Rehab Fundamentals and the Importance of the Throwing Progression

Duration: 1 hour

- Phases of rehab and return-to-throw
- Criteria-based progression
- Communication with coaches and performance staff

Session 6: Questions, Answers, and Special Topics

Duration: 1 hour

- Open Q&A
- Deep dive into analytics, weighted balls, and velocity programs
- Ethical and clinical considerations

Course Goals:

- Equip clinicians with evidence-informed strategies for treating and training throwing athletes.
- Foster interdisciplinary collaboration between rehab professionals, coaches, and performance staff.
- Encourage critical thinking around emerging performance tools and their clinical implications.