



**16<sup>th</sup> Annual Razorback Sports Medicine Symposium**  
**Upper Extremity Injury Prevention, Diagnostics, and Interventions**  
**Saturday, February 12, 2022**

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- 7:30-7:50**      **Onsite Registration and Coffee (Graduate Education Building Auditorium, [GRAD 166](#))**
- 7:50-8:00**      **Welcome and Introductions**  
**Ramon Ylanan, MD**, Assistant Professor of Family Medicine and Orthopaedic Surgery and Program Director of Primary Care Sports Medicine Fellowship at the University of Arkansas for Medical Sciences Northwest Regional Campus; Team Physician for the Arkansas Razorbacks
- 8:00-8:55**      **“Striking” a Nerve: Recognition and Clinical Management of Baseball Players Diagnosed with Neurogenic Thoracic Outlet Syndrome (1 Category A CEU)**  
**Craig Garrison, PhD, PT, ATC** – Associate Professor, Northwestern University School of Physical Therapy  
Learning Objectives:
- Recognize the signs, symptoms, and objective profile of neurogenic thoracic outlet syndrome in baseball players.
  - Understand the appropriate treatments to manage neurogenic thoracic outlet syndrome in baseball players.
- 9:00-9:45**      **Clinical Case Presentations and Panel Discussion (.75 Category A CEU)**  
**Moderator – Elizabeth Parke, PhD, LAT, ATC** – Assistant Professor and Clinical Education Coordinator, University of Arkansas MAT Program Faculty
- Chronic Elbow Instability in a Collegiate Gymnast*  
**Jenna Allocco, MPH LAT, ATC** – Associate Athletic Trainer – Gymnastics, The University of Arkansas Sports Medicine
- Hand Pain with Peripheral Nerve Involvement in a Tennis Athlete*  
**Lauren Poindexter, MD** – Assistant Professor, Department of Orthopaedics at UAMS NW; Team Physician for the Arkansas Razorbacks
- Learning Objective:
- Describe the patient presentation, diagnostic process and interventions strategies used in upper extremity injury cases
- 10:00 – 10:55**      **Patient Communication - Making Your Message Matter (1 Category A CEU)**  
**Jenny Rearick**, Owner, Fit to Speak  
Learning Objectives:
- Identify how to invert the typical communication process by defining your desired outcome *before* deciding on your communication approach.
  - Leverage what you know about your listener to craft communication that is tailored to their expectations, needs, and abilities.
  - Describe persuasive evidence and how to use it effectively when recommending, proposing, or suggesting others change their behavior or a belief.
- 10:45-10:55**      **Break**
- 11:00-12:00**      **Lab Time: Attend two, 30-minute lab sessions (1 Category A CEU)**  
**LAB A Patient Communication - Making Your Message Matter**  
**Jenny Rearick**, Owner, Fit to Speak  
Learning Objective:
- Apply persuasive evidence and how to use it effectively when recommending, proposing, or suggesting others change their behavior or a belief.





### **LAB B Upper Extremity Screening Model Lab**

**Craig Garrison, PhD, PT, ATC** – Associate Professor, Northwestern University School of Physical Therapy

Learning Objective:

- Apply an upper extremity screen to determine risk of sport-related upper extremity injury.

**12-12:30 Lunch– (grab and go boxed sandwiches)**

### **12:30-1:30 Surgical Versus Non-Surgical Care for the Overhead Athlete (1 Category A CEU)**

**Wesley Cox, MD**, Assistant Professor of Orthopaedic Surgery and Section Chief for UAMS Orthopaedics and Sports Medicine, Northwest Arkansas; Medical Director and Team Physician for University of Arkansas Athletics

Learning Objectives:

- Discuss decision points between surgery and non-surgical care in the overhead athletes
- Discuss the role of collaborative care in the overhead athlete

### **1:40-2:40 Building Bridges: Integrating Strength and Conditioning into Rehabilitation, an Overhead Athlete's Perspective (1 Category A CEU)**

**Andy Glidewell, PT, DPT, ATC, OCS**, Director of Rehabilitation, Train · Recover · Move; UAMS

Learning Objectives:

- Identify current concepts of a high-performance strength and conditioning program.
- Analyze cases of upper extremity pathologies and determine appropriate functional measures for plan of care development.

### **2:45 – 3:30 Current Research Oral Presentations (.75 Category A CEU)**

**Moderator – Brendon McDermott, PhD, LAT, ATC, FACSM** – Associate Professor & Director of the Heat Stress, Fluid Balance and Renal Physiology Lab, University of Arkansas MAT Program Faculty

**Katie Stephenson, M.S.** – Doctoral Candidate and Graduate Assistant, University of Arkansas

**Adam Nebel** – Master of Athletic Training Student, University of Arkansas

**Brendon McDermott, PhD, LAT, ATC, FACSM** – Associate Professor, University of Arkansas MAT Program Faculty

Learning Objectives:

- Describe current research projects and evidence related to health and human performance.

**3:30-3:55 Break and Networking**

**4:00 – 5:00 Lab Time: Attend two, 30-minute lab sessions (1 Category A CEU)**

#### **LAB A Strength and Conditioning Lab**

**Andy Glidewell, PT, DPT, ATC, OCS**, Director of Rehabilitation, Train · Recover · Move; UAMS

Learning Objective:

- Analyze cases of upper extremity pathologies and determine appropriate functional measures for plan of care development.

#### **LAB B Diagnostic Ultrasound of the Upper Extremity Lab**

**Drs. Ylanan, Balle, Lamagna, and Chukwukelu**

Learning Objectives:

- Understand concepts of diagnostic ultrasound in orthopaedic assessment of the upper extremity.
- Discuss the role of diagnostic ultrasound in the assessment of upper extremity conditions.



**SPORTS MEDICINE**