

STMS & ITPA TENNIS MEDICINE AND PERFORMANCE CONFERENCE *July 19 & 20, 2014*



Conference is During the 2014 BB&T Atlanta Open, an ATP World Tour Professional Men's Tournament



www.itpa-tennis.org/tennismedicineconference.html

STMS & ITPA TENNIS MEDICINE AND PERFORMANCE CONFERENCE July 19 & 20, 2014



Where: Life University, Atlanta, GA

Topics Covered:

- Injury and Illness Data from 15 Years of the US Open
- Insights from a Grand Slam Semi-Finalist
- Injury Prevention Exercises & Progressions for Healthcare Provider
- Effective Tennis-Specific Taping Techniques
- Training Tennis Athletes The University of Georgia Way
- Insights from Trenches: Q&A sessions with Professional Tournament Doctors, Physical Therapists, AT's, Strength Coaches, Dieticians
- Applied Biomechanics of Tennis Strokes and How Strokes and Inefficient On-Court Movements Contribute To Injury
- The Tennis Shoulder
- Treating Chronic Tendon Conditions in Tennis Athletes
- The Mental Aspects of Helping Tennis Athletes Recover from Injuries
- Nutritional Interventions to Aid the Injured Tennis Athlete
- Recovery Techniques for Tennis
- Periodization and Planning for Tennis
- The Young Tennis Athlete Discussion
- Strength & Conditioning Progressions for On Court Performance
- Clinical Examinations of the Upper and Lower Body
- Tennis Research Sessions

EXHIBITORS:

**Exhibitor Space is Available
for \$350**

**Includes Booth Space (including table) for
both days of conference, and logo placed on
website as sponsor.**

This conference will provide participants the ability to acquire additional techniques of evaluation, management and training for tennis players.



Who Should Attend?

Physicians, PT, ATC, Strength & Conditioning, Fitness & Tennis Coaches, & tennis enthusiasts interested in understanding the various medical, orthopaedic, performance, tennis performance and injury prevention issues.



INVESTMENT:	STMS or iTPA Non-Member	STMS or iTPA Member
MD/DO/DC/PT/ATC/Health Professional and all others	\$150	\$100
USPTA/PTR Certified Tennis Coach*/Student	\$100	\$75

*Must provide USPTA or PTR Id Number
Includes 2014 STMS Membership and iTPA Affiliate Membership

Credits:

- NATA-BOC(11), Physical Therapy CEUs from APTA GA (1.10), ITPA (40), USPTA (3), PTR

Life University Location:

- 1269 Barclay Circle Marietta, Georgia, USA, 30060



Abstracts:

- Visit website to submit research abstract proposals for presentation during the research sessions

Conference Objectives:

- This conference will provide participants the ability to acquire additional techniques of evaluation, management and training for tennis players.

Upon Completion, Participant Will Be Able To:

- Apply information to better evaluate the injured tennis player
- Acquire additional techniques of evaluation, management & appropriate need for advanced techniques and procedures to tennis and other athletes
- Cite new recommendations in medical issues that affect a tennis player's ability to compete.
- Incorporate an understanding of epidemiology of injuries in various levels of tennis players in their decision-making regarding injury prevention
- Identify earlier, tennis specific injuries to prevent long-term chronic issues
- Utilize tennis-specific evaluation and treatment to return to play after back injuries
- Understand nutritional requirements for tennis athletes
- Understand mental skills and communication skills in working with injured tennis players
- Develop more effective on-court tennis-specific performance (strength & conditioning) programs for tennis athletes

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Faculty List

Faculty	
Robby Ginepri	Grand Slam Semi-Finalist and Olympian
Alexis Colvin, MD	Chief Medical Officer, United States Tennis Association
Mike Yorio, MD	Director, Player Medical Services for the US Open
Melissa Baudo, DPT	Former Physical Therapist for the WTA Tour and Currently Treats Many Junior, Recreational and Professional Tennis Players
Katrin Koch, CSCS	Director of Strength & Conditioning, Olympic Sports at The University of Georgia
Satoshi Ochi, CSCS, MTPS	Head Strength & Conditioning Coach, USTA Player Development
Neeru Jayanthi, MD, USPTA	Director, Tennis Medicine Program at Loyola University and Medical Director, Primary Care Sports Medicine, Stritch School of Medicine, Loyola University
Mark Kovacs, PhD, CTPS, MTPS, CSCS	Executive Director, International Tennis Performance Association
George Branche, MD	Tournament Physician, ATP World Tour Professional Event in Washington, DC and noted Orthopedic Surgeon
Jeff Chandler, PhD, CTPS	Editor-in-Chief Strength and Conditioning Journal
John Downes, DC	Life Sports Science Institute, Life University
Page Love, RD	Tennis Specific Nutritionist and Dietician
Ken Mautner, MD	Assistant Professor, Director of of Primary Care Sports Medicine, Emory Sport Medicine Center
Karl "Bert" Fields, MD	Professor of Family Medicine, University of North Carolina; Past President of the American Medical Society for Sports Medicine
Larry Lauer, PhD	Mental Skills Specialist, USTA Player Development
Elizabeth Chaffin, DPT, ATC	Medical Coordinator, USTA
Kathleen Stroia, MS, PT, ATC	Senior Vice President, Sport Sciences & Medicine and Transitions for the WTA Tour
Lalo Vicencio, USPTA, MTPS	Director Spanish Education, International Tennis Performance Association
Ollie Stephens, PTR, MTPS	Tennis Coach: Master Tennis Performance Specialist and PTR Master of Tennis in Performance and Development Coaching

Tennis Medicine & Performance Conference Agenda

Saturday, July 19th

	PERFORMANCE/COACHING	TENNIS MEDICINE
8:00am	<i>Introduction to Tennis Medicine and Performance</i>	
8:15am	The Tennis Serve: Mechanics, Performance & Injury – Mark Kovacs, PhD, CTPS, MTPS	
9:15am	The Latest Strength & Conditioning Information For Tennis (Myths vs Facts) - Jeff Chandler, PhD, CTPS	Innovative Rehabilitative & Preventative Techniques For The Tennis Athlete Melissa Baudo, DPT
10:15am	Mental Aspects of Bringing Athletes Back From Injury – Larry Lauer, PhD	<p>RESEARCH UPDATES</p> <p>~ 15 Years of Injury & Illness Data from the US Open – Michael Yorio, MD</p> <p>~ Young Tennis Players and Injuries – Neeru Jayanthi, MD</p>
11:15 am	Learning From the Tennis Coach: Working as a Team to Develop Competitive Tennis Players – Oliver Stephens, PTR, CTPS, MTPS	<p>MEDICAL ISSUES IN THE TENNIS PLAYER</p> <p>~What should I do About my Heart? - Bert Fields, MD</p> <p>~ I'm too Tired to Play - Michael Yorio, MD</p> <p>~ It's Getting Hot in Here - George Branche, MD</p> <p>Panel: Fields, Yorio, Branche</p>
12:15	ITPA Paul Arber Young Coaches Award Presentation	
12:25pm	LUNCH	
	Promoting Healthy Youth Tennis	
1:00pm	Injuries, Volume and Prevention In The Young Tennis Player: What Does the Evidence Say? Jayanthi, MD	
1:30pm	WTA Age Eligibility Rule: 20 Years of Experience in Managing Young Tennis Stars - Kathleen Stroia, PT, ATC	
2:00pm	Promoting Healthy Youth Tennis - Panel (Colvin, Jayanthi, Lauer, Stroia - Moderator: Kovacs)	
2:30pm	BREAK	
2:45pm	(on court session) Tennis Strength & Conditioning The University of Georgia Way – Katrin Koch, CSCS	<p>LOWER EXTREMITY CLINICAL EVALUATIONS</p> <p>~ Exertional Leg Pain - Bert Fields, MD</p> <p>~ Sports Hernia & Evaluation of Groin Pain – Neeru Jayanthi, MD</p>
3:30-4:15pm	(on court session) Tennis Specific Movement Training – Satoshi Ochi, CSCS, CTPS, MTPS	<p>UPPER EXTREMITY (SPINE) CLINICAL EVALUATIONS</p> <p>~ Cervical Spine Evaluation in Tennis Player – John Downes, DC</p> <p>~ Shoulder Pain Evaluation in a Tennis Player – Colvin, MD</p>
4:30-5:30pm	ADJOURN	
5:00 - 7:00pm	TENNIS SOCIAL & NETWORK EVENT (Optional Tennis Hitting/Social)	

Tennis Medicine & Performance Conference Agenda

Sunday, July 20th

	PERFORMANCE/COACHING	TENNIS MEDICINE
8:00am	Day 1 Recap	
8:30am	<i>Managing the Elite Level Tennis Player - Panel Discussion: Ginepri, Kovacs, Branche, Ochi, Stroia</i> Moderator: Neeru Jayanthi	
9:30am	Nutrition for Injury Prevention & Recovery – Page Love, RD	Training Room & Taping Strategies for the Tennis Player - Kathleen Stroia, PT, ATC & Erin Gambetti, DPT
10:30am	Ask the S&C Experts – Chandler, PhD, CTPS, MTPS; Kovacs, PhD, CTPS, MTPS; Ochi, CTPS, MTPS; Vicencio, CTPS, MTPS	<p style="text-align: center;"><u>Innovative Techniques for Chronic Tendinopathy in Tennis</u></p> <p>~ Advanced Rehabilitative Techniques for Tendinopathy Melissa Baudo, DPT</p> <p>~ Secondary Treatments for Tendinopathy: What Options are there? Karl "Bert" Fields, MD</p>
11:30am	Tennis S & C for Injury Prevention – Lalo Vicencio, CTPS, MTPS	~ Advanced U/S Guided Procedures for the Challenging Tendinopathy Ken Mautner, MD
12:00pm	Summary & Wrap-Up	What are the Best Options & When Panel Discussion - Baudo/Fields/Mautner

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