Tennis Medicine & Performance Conference Agenda

Saturday, July 19th

PERFORMANCE/COACHING

TENNIS MEDICINE

| 8:00am | Introduction to Tennis Medicine and Performance | |
|---------------|--|---|
| 8:15am | The Tennis Serve: Mechanics, Performance & Injury – <i>Mark Kovacs, PhD, CTPS, MTPS</i> | |
| 9:15am | The Latest Strength & Conditioning Information For Tennis (Myths vs Facts) - <i>Jeff Chandler, PhD, CTPS</i> | Innovative Rehabilitative & Preventative Techniques For The Tennis Athlete <i>Melissa Baudo, DPT</i> |
| 10:15am | Mental Aspects of Bringing Athletes Back From Injury – <i>Larry Lauer, PhD</i> | RESEARCH UPDATES~ 15 Years of Injury & Illness Data from the US Open –Michael Yorio, MD)~ Injury trends in competitive, young tennis players – Kovacs~ Stroke modifications for return to play in injured juniortennis players – Neeru Jayanthi, MD |
| | | MEDICAL ISSUES IN THE TENNIS PLAYER |
| 1115 am | Learning From the Tennis Coach: Working as a Team to Develop Competitive Tennis Players – <i>Oliver</i> <i>Stephens, PTR, CTPS, MTPS</i> | ~What should I do About my Heart? - <i>Bert Fields, MD</i> ~ I'm too Tired to Play - <i>Michael Yorio, MD</i> |
| | | ~ It's Getting Hot in Here - George Branche, MD |
| | | Panel: Fields, Yorio, Branche |
| 12:15 | iTPA Paul Arber Young Coaches Award Presentation | |
| 1225pm | 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 | |
| | | LOWER EXTREMITY CLINICAL EVALUATIONS |
| 2:45pm | (on court session) Tennis Strength & Conditioning The University of Georgia Way – <i>Katrin Koch, CSCS</i> | ~ Exertional Leg Pain - Bert Fields, MD |
| | | ~ Sports Hernia & Evaluation of Groin Pain – Neeru Jayanthi, MD |
| 330- 415pm | (on court session) Tennis Specific Movement Training – <i>Satoshi Ochi, CSCS, CTPS, MTPS</i> | UPPER EXTREMITY (SPINE) CLINICAL EVALUATIONS ~ Cervical Spine Evaluation in Tennis Player – John Downes, DC ~ Shoulder Pain Evaluation in a Tennis Player – Colvin, MD |
| 430- | | |

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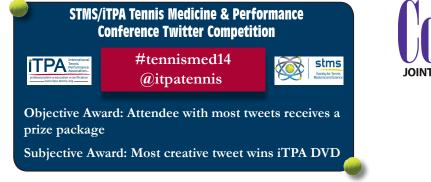
Sunday, July 20th

PERFORMANCE/COACHING

TENNIS MEDICINE

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

12:30pm ADJOURN



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