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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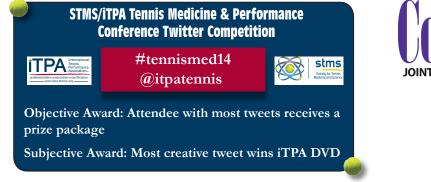
Sunday, July 20th

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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