

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


# Tennis Medicine & Performance Conference Agenda

## Sunday, July 20th

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


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Subjective Award: Most creative tweet wins iTPA DVD

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