



***ORTHOPEDIC ASSOCIATES OF LANCASTER, LTD  
IS HONORED TO PRESENT A FREE CUE EVENT  
ON:***

## **OAL Spring Fixbones Kickoff**

### **Prevention and Management of the Prevalent Injuries in the Throwing Athlete**

**Dr. Joel Horning, MD  
William Cheek, MS, PT  
Jarred Binner, MS, LAT, PES, CES, Head Athletic Trainer for the  
Lancaster Barnstormers**

**At the conclusion of the course the participants will be able to:**

- Describe Anatomy and Function of the UCL Identify risk factors in thrower's for UCL injury
- Discuss treatment options for UCL injuries Identify shoulder and elbow adaptations that occur with pitching.
- Identify muscular adaptations of the upper quarter that can alter pitching mechanics and cause pain.
- Identify factors that contribute to UCL injury.
- Identify Proper Care of Overuse Injuries and Injury Prevention in Baseball Players Identify Upper
- Extremity Stretching Techniques in Baseball Players
- Identify Proper Upper Extremity Care for Pre and Post Competition in Baseball Players

**DATE:** SUNDAY, MARCH 18, 2018

**TIME:** 2:45PM REGISTRATION BEGINS  
3:00PM CEU PRESENTATION BEGINS

**WHERE:** OAL LANCASTER:  
170 NORTH POINTE BLVD, LANCASTER, PA 17602

**COST:** FREE

**RSVP:** PLEASE RSVP TO [OALCEU@FIXBONES.COM](mailto:OALCEU@FIXBONES.COM) BY: MARCH 15, 2018



Orthopedic Associates of Lancaster, LTD is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Difficulty: Essential Level

Target Audience: Certified Athletic Trainers

Certified Athletic Trainers will receive 1 Category A CEUs and 3 Evidence Based Practice CEUs for attendance.

\*Orthopedic Associates of Lancaster, LTD reserves the right to cancel or postpone any CEU course or activity because of, but not limited to, insufficient enrollment or other unforeseen circumstances. Please provide a cell phone number and e-mail address so we may reach you in the event of any changes, postponement, or cancellation. If a program is canceled or postponed, Orthopedic Associates of Lancaster, LTD will refund any registration fees. Preregistered participants that have provided a cell phone number and e-mail address will be notified if a program is filled or canceled as soon as possible.

\*Orthopedic Associates of Lancaster, LTD does not discriminate on the basis of race, color, natural origin, religion, sex, disability, military status, sexual orientation or age. Orthopedic Associates of Lancaster, LTD is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers at [oalceu@fixbones.com](mailto:oalceu@fixbones.com), so that all reasonable accommodations can be made.