

**2025 MLB Winter Meeting**  
**Orlando, FL**  
**December 11-13, 2025**  
**COURSE AGENDA**

Start	End	Event	CME	Hrs	Role	
<b>THURSDAY, DECEMBER 11, 2025</b>						
5:45 PM	6:00 PM	Registration and Check In	NON-CME	15		
6:00 PM	6:05 PM	Welcome & Introductions	CME	5	Moderator	Ryan DiPanfilo
6:05 PM	7:25 PM	Pitcher Section	CME	80	Moderator	Paul Buchheit
6:05 PM		Pitching Injury Prevention Strategies in the Pitch Design Era		15	Presenter	Joe Rauch, AT/PT
6:20 PM		Foundational Lines of Athletic Performance		15	Presenter	Scott Weberg, CSCS
6:35 PM		Lateral Elbow Repair in a Professional Baseball Pitcher		15	Presenter	Jeremiah Randall
6:50 PM		Cervico-Thoracic, Scapular Muscle Release and Adjustment for the Pitcher		15	Presenter	Patrick Hammond
7:05 PM		Round Table Discussion		20	Moderator	
					Panel Member	Joe Rauch, AT/PT
					Panel Member	Scott Weberg, CSCS
					Panel Member	Jeremiah Randall
					Panel Member	Patrick Hammond
7:25 PM	7:45 PM	Break	NON-CME	20		
7:45 PM	9:05 PM	Position Player Section	CME	80	Moderator	Max Esposito
7:45 PM		Treatment of In-Season Low Back Discomfort		15	Presenter	Chris McDonald, ATC
8:00 PM		Leveraging Reactive Eccentrics to Optimize Performance and Tendon Health		15	Presenter	Lionel Chia, PhD, MPT, CSCS
8:15 PM		Management of Chronic Patellar Tendinopathy in Season		15	Presenter	Alex Plum, PT
8:30 PM		Fueling Approach for High Performance Workload		15	Presenter	Adam Auer, RD, RSCC
8:45 PM		Round Table Discussion		20	Moderator	
					Panel Member	Chris McDonald, ATC
					Panel Member	Alex Plum, PT
					Panel Member	Adam Auer, RD, RSCC
					Panel Member	Lionel Chia, PhD, MPT, CSCS
9:05 PM	9:10 PM	Closing Remarks	CME	5		Brandon McDaniel
9:10 PM	9:10 PM	Adjourn for the day				
<b>FRIDAY, DECEMBER 12, 2025</b>						
3:00 PM	4:25 PM	REGISTRATION	NON-CME	85		
4:25 PM	4:30 PM	Welcome & Housekeeping		5	Moderator	Amy Beacom, MD
4:30 PM	4:55 PM	Keeping Players in the Game: NSAIDS and Anti-Inflammatory Care for MLB Athletes	CME	25	Moderator	Kathy Weber, MD
					Panel Member	Amy Leu, MD
					Panel Member	Paul Charnetsky, MD
					Panel Member	Amon T Ferry, MD
					Panel Member	James Kurk, ATC
					Panel Member	Sarah Walsh, RD, CSSD, LD
4:55 PM	5:40 PM	Research Session #1	CME	45	Moderator	Bryan Smith, MD
		Carr et al-A Comparison of Throwing Arms Kinetics and Ball Velocity in Professional Baseball Pitchers With the Fastest Maximum Joint and Segment Velocities		5	Presenter	James Carr, MD
		Dines et al-Professional Baseball Pitchers with Increased In-Pitch Stance Hip Flexion Excursion Demonstrate Higher Shoulder Internal Rotation Torque and Elbow Varus Torque with No Appreciable Ball Velocity Benefit		5	Presenter	Joseph Manzi, MD
		Fleisig et al-Variability of In-Game Markerless and Laboratory Marker-Based Baseball Pitching Mechanics		5	Presenter	Glenn Fleisig, PhD
		Fleisig et al-Increases in Ball Weight and Size Decrease Elbow Varus Torque During Baseball Pitching		5	Presenter	Glenn Fleisig, PhD
		Dowling et al-Pitch Types and Their Influence on Elbow Varus Torque and Spin Rate in Professional Baseball Pitchers		5	Presenter	Brittany Dowling, MS
		Discussion Panel		20	Panel Member	Brad Pearson, ATC
					Panel Member	Mike Freehill, MD

						Panel Member	Joseph Hallock, DPT
5:40 PM	-	5:50 PM	In Memoriam: David Altchek, MD	CME	10	Presenter	Neal El Attrache, MD
5:50 PM		6:00 PM	Arthrex Presentation	NON-CME	10	Presentation	Neal El Attrache, MD
6:00 PM	-	6:15 PM	Break	NON-CME	15		
6:15 PM	-	6:55 PM	Predicting Future Injury: An Orthopedic Risk Assessment Game Show	CME	40	Moderator	Christopher Camp, MD
						Panel Member	Pam Lund, MD
						Panel Member	Keith Meister, MD
						Panel Member	Nick Paparesta, AT
						Panel Member	Lonnie Soloff, MD
						Panel Member	Vincent Key, MD
6:55 PM	-	7:35 PM	Rapid Fire Medical Topics	CME	40	Moderator	Amy Beacom, MD
			AI and EMR: Is It Ready For Primetime?		20	Presenter	Marc Harwood, MD
			GLP 1 Agonists/DM Managment/New Tech		20	Presenter	Rapul Mathur, MD
7:35 PM	-		Happy Hour Social/Poster time	NON-CME			
	-		Adjourn for the Day				

SATURDAY, DECEMBER 13, 2025							
6:40 AM	-	7:30 AM	REGISTRATION	NON-CME	50		
7:30 AM	-	7:35 AM	Welcome & Housekeeping		5	Moderator	Amy Beacom, MD
7:35 AM	-	8:15 AM	Research Session #2	CME	40	Moderator	Mark Schickendantz, MD
			Paul et al-Change in Grip and Pinch Strength Over the Course of a Game in Professional Baseball Pitchers		5	Presenter	Brandon Erickson, MD
			Erickson et al-Outcomes of Revision Elbow Medial Ulnar Collateral Ligament Reconstruction in Professional Baseball Players		5	Presenter	Brandon Erickson, MD
			Return to Sport and Performance Outcomes After Isolated Bankart Repair in Professional Baseball Players		5	Presenter	Brandon Erickson, MD
			Camp et al-Epidemiology of Elbow Medial Ulnar Collateral Ligament Surgeries in Major and Minor League Baseball Pitchers		5	Presenter	Fabien Meta, MD
			Discussion Panel		20	Panel Memeber	Glenn Fleisig, PhD
						Panel Memeber	Steve Cohen, MD
						Panel Memeber	Nik Verma, MD
						Panel Memeber	Stephen Fealy, MD
8:15 AM	-	8:40 AM	Yocum Leadership: Human Optimization for the Baseball Sports Medicine Team: How to Achieve More While Improving Well-Being	CME	25	Presenter	Christopher Camp, MD
8:40 AM	-	9:20 AM	Medical Discussion #2	CME	40	Moderator	Amy Beacom, MD
			Update: EKG Interpretation in the Athlete		20	Presenter	Henry Peltó, MD
			SCT: What the MLB Team Physician Needs To Know		20	Presenter	Fran O'Connor, MD
9:20 AM	-	9:30 AM	Break	NON-CME	10		
9:30 AM	-	10:05 AM	Research Session #3 Awards	CME	35	Moderator	Gary Green, MD
			Erickson et al-Musculoskeletal Findings of the Major League Baseball Combine			Presenter	Brandon Erickson, MD
			Fleisig et al-Risk Factors for an Ulnar Collateral Ligament Injury Resulting in Surgery			Presenter	Glenn Fleisig, PhD
			Paul et al-The Impact of Posterior and Posterior Superior Labral Injuries and the Effect of Their Treatment on Glenohumeral Kinematics in the Deceleration and Follow-Through Phase of Throwing: A Biomechanical Study			Presenter	Thay Q. Lee, PhD
10:05 AM	-	10:15 AM	PBATS Awards	CME	10	Presenter	Nick Kenney
10:15 AM	-	10:45 AM	Oblique Strains	CME	30	Moderator	Corey Tremble, ATC
						Panel Member	JD Howell, S&C
						Panel Member	Matt Steffes, MD
						Panel Member	Joe Rauch, AT/PT
10:45 AM	-	11:10 AM	Jobe Lectureship: Advances in UCL Research 2006-2025: 20 Years of Team Coverage and Family	CME	25	Moderator	Amy Beacom, MD
						Presenter	Steve Cohen, MD
11:10 AM	-	11:20 AM	BREAK	NON-CME	10		

11:20 AM	-	12:45 PM	Medical and Orthopedic Focused Topics	CME	85	Moderator	Amy Beacom, MD
			Sleep and Performance		30	Panel Member	Jon Parker, DDS
						Panel Member	Mike Howell, MD
						Panel Member	Ally Gallop, Nutrition
			Orthobiologics: PRP, STEM, BMAC, Amniotic, FDA, Medical Tourism		55	Moderator	Robby Bowers, MD
			Orthobiologics for Joint Injuries			Panel Member	William Berrigan, MD
			Orthobiologics for Tendon Injuries			Panel Member	Walter Sussman, DO
			Orthobiologics for Non-Op Management of UCL Tears			Panel Member	Luga Podesta, MD
			Orthobiologics for Muscle Injuries			Panel Member	Robby Bowers, MD
			Understanding Stem Cell Options at Home and Overseas			Panel Member	Albert Panero, DO
6:00 PM	-	6:55 PM	Lunch	NON-CME	55	Moderator	Amy Beacom, MD
6:55 PM			Adjourn for the Day				