

## Registration Information

**Tuition: \$100**

Continuing Education Units: ValleyCare Health System is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. Approvals from APTA and NSCA are pending.

ValleyCare Health System reserves the right to cancel or reschedule this seminar, in which case seminar fees will be returned in full to the registrant. Please note that ValleyCare is not responsible for hotel, airline, or other expenses incurred.

All cancellations must be submitted in writing. For cancellations received 30 days or more before the seminar date, the seminar fee will be returned less a \$25.00 administrative fee. Within 30 days of the seminar, no refunds will be made.

Name: \_\_\_\_\_

Employer: \_\_\_\_\_

Professional Credentials: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

I have enclosed a check for \$100 payable to VCHS.

Please charge my credit card:

Visa  MasterCard  American Express

Credit Card No: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### Mail completed forms to:

LifeStyle Rx Sports Medicine Program  
Attn: Christie Hannemann  
1119 E. Stanley Blvd.  
Livermore, CA 94550

Fax: (925) 373-4055

Email: [channema@valleycare.com](mailto:channema@valleycare.com)



**LifeStyleRx**  
**Sports Medicine Program**  
Offered by ValleyCare Health System

1119 E. Stanley Blvd.  
Livermore, CA 94550  
925-373-4019  
[www.lifestylerrx.com](http://www.lifestylerrx.com)

# Baseball Throwing Mechanics Seminar

SATURDAY,  
MARCH 14TH, 2009  
9:00AM – 1:00PM  
at LifeStyleRx

1119 E. Stanley Blvd.  
Livermore, CA 94550

Sponsored by **LifeStyleRx**   
**Sports Medicine Program**  
Offered by ValleyCare Health System

## Speaker Bio

Dr. Greg Arnold, D.C.

With 18+ years of experience in baseball (drafted by the Kansas City Royals out of high school in 1995 but instead chose to attend Penn State University on a baseball scholarship), Dr. Arnold became certified by the National Pitching Association in 2004. He currently uses cutting-edge video motion analysis to address throwing mechanics for individuals, teams and baseball leagues in the East Bay.

Dr. Arnold is certified by the National Strength and Conditioning Association as a Strength and Conditioning Specialist. He also regularly attends the American Sports Medicine Institute's Baseball Injuries Conference, one of the premier baseball conferences in the country that recognizes and reports current concepts of conditioning programs as well as current concepts in the rehabilitation and training of the baseball player.



## Course Description and Objectives

This half-day seminar is designed as an intermediate-advanced course in baseball throwing mechanics, injury prevention, and rehabilitation. It has been created to provide information and continuing education for exercise physiologists, athletic trainers, physical therapists, physical therapy assistants, or any professional working with baseball pitchers.

Upon completion, students should be able to describe the correct mechanics for varied pitches and recognize pitching faults. Students should also be able to design and implement a program for rehabilitation and injury prevention for baseball players. Students will be presented with multiple current references from medical journal studies on anatomy, baseball mechanics and conditioning.

For additional information and to register,

**CALL 925.373.4019**

## Seminar Schedule

9:00am	Introduction
9:10am	Baseball Injuries The Statistics
9:30am	Baseball Mechanics
11:00am	Baseball Throwing Drills
11:30am	Baseball Rehab Injury Prevention
12:45pm	Questions and Answers

\* All times are approximate and depend upon class size, discussion, and breaks