

Registration Information

Tuition: \$135

Continuing Education Units: ValleyCare Health System is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This course offers 5.5 CEU's (contact hours) for the BOC, CPTA, and NSCA.

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 \$135 payable to VCHS.

☐ Please charge my credit card:

☐ Visa ☐ MasterCard ☐ American Express

Credit Card No: _____

3 Digit Security Code: _____

Expiration Date: _____

Signature: _____

Mail completed forms to:

LifeStyleRx Sports Medicine Program
Attn: Jennifer Kesler
1119 E. Stanley Blvd.
Livermore, CA 94550

Fax: (925) 373-4055

Email: jkesler@valleycare.com



1119 E. Stanley Blvd.
Livermore, CA 94550
925-373-4545
www.lifestylerrx.com

Injury Prevention & Rehabilitation for the Overhead Athlete

SATURDAY,
OCTOBER 24TH, 2009
9:00AM – 3:00PM
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, DC, CSCS

Dr. Greg Arnold is a Chiropractic physician practicing in Danville, with 18+ years of experience in baseball. He was 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, using cutting-edge video motion analysis to address throwing mechanics for individuals, teams and baseball leagues in the East Bay.

In addition to being certified by the National Strength and Conditioning Association as a Strength and Conditioning Specialist, Dr. Arnold regularly attends the American Sports Medicine Institute's Baseball Injuries Conference. This is 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.

Dr. Arnold recently spoke at a seminar on Baseball Throwing Mechanics and received excellent feedback.

"Really excellent"

"Great info, great energy"

"Excellent topic, would love to have something like this in my area for my athletes and coaches"

"Excellent speaker. Very current and up to speed on current research. Would definitely attend another seminar."



Seminar Schedule

9:00am	Introduction
9:15am	State of Shoulder Injuries
9:45am	Biomechanics
11:45am	Questions and Answers
12:00pm	Break
12:30pm	Physical Exam Considerations
1:00pm	Rehabilitation (Lab)
2:30pm	Closing Remarks
2:45pm	Questions and Answers

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



Course Description and Objectives

This seminar is designed as an intermediate-advanced course in injury prevention and rehabilitation for overhead athletes. It has been created to provide information and continuing education for exercise physiologists, athletic trainers, physical therapists, physical therapy assistants, certified strength and conditioning coaches, or any professional working with overhead athletes.

Upon completion, students should be able to describe the correct mechanics for a variety of overhead activities such as a baseball pitch, volleyball serve, football throw and tennis serve. Students should also be able to design and implement a program for rehabilitation and injury prevention for overhead athletes. Students will be presented with multiple current references from medical journal studies on anatomy, overhead activity mechanics and conditioning.

For additional information

CALL 925.373.4545