Symposium:
Case-Based Current Concepts and Controversies in Knee Rehabilitation

Sunday, July 14, 2013
10:43-11:15am

Moderator: Joseph M. Hart PhD (Charlottesville, VA)

- Kevin E. Wilk PT, DPT (Birmingham, AL)
- James J. Irrgang PhD, PT, ATC (Pittsburgh, PA)
- Lynn Snyder-Mackler PhD (Newark, DE)

Agenda:

- **Return to Activity following sports knee and shoulder injuries**
  * (Jay Irrgang, PT, PhD, ATC, FAPTA)
  During this brief overview Dr. Irrgang will describe common concepts and controversies with return to sports after knee and shoulder injuries such as defining the optimal time to return to sports, how we can measure this outcome and factors that influence return to play and risk for re-injury.

- **Return to Play after 360⁰ SLAP tear in a Professional Football Quarterback**
  * (Kevin Wilk PT, DPT, FAPTA)
  This is a case presentation of a 24 year old professional baseball pitcher with insidious onset of left shoulder posterior pain. The initial onset was gradual but now is severe enough to cause significant pain during late cocking & early acceleration phase of pitch which has resulted in diminished velocity and performance. The course of treatment was non-operative including corticosteroid injection, stretching, strengthening and dynamic stabilization exercise drills. A return to play occurred in 4.5 weeks with a successful year of pitching without recurrence.

- **Short Term Return to Play after ACL Tear**
  * (Lynn Snyder-Macker, PT, ScD, FAPTA)
  A case of a college lacrosse player with an ACL tear underwent extensive RTP criteria screening and rehabilitation followed by complete return to sport for the last 7 games of the season (including conference championship game and national quarterfinal). This case will highlights RTP after ACL tear without reconstruction using screening tests and rehabilitation.
Suggested Readings


