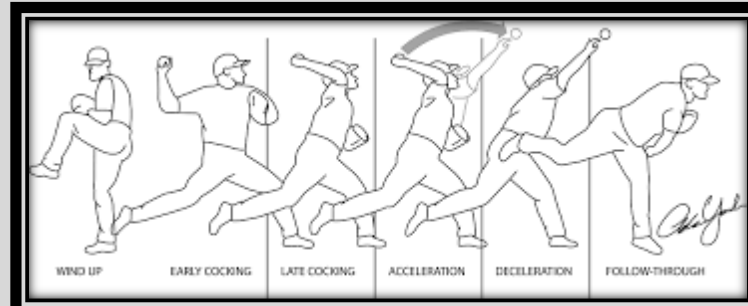


Sports Talk: March 14, 2016

Over Hand Throwing: Implications for Injury Prevention and Rehabilitation using a Biomechanical Approach



ABSTRACT: THROUGH UNDERSTANDING THE PHASES OF THROWING IN THE OVER HEAD ATHLETE, WE WILL HAVE A BETTER UNDERSTANDING OF HOW TO PREVENT AND REHABILITATION INJURIES RESULTING FROM POOR BIOMECHANICS

LEARNING OBJECTIVES:

- IDENTIFY THE DIFFERENT PHASES OF THROWING
- IINTERPRET THE POTENTIAL FOR INJURY DURING EACH THROWING PHASE
- UNDERSTAND UPPER EXTREMITY REHABILITATION PRINCIPLES

TARGET AUDIENCE: CERTIFIED ATHLETIC TRAINERS, PHYSICAL THERAPISTS

SCHEDULE: 5:30 REGISTRATION OPENS (ISMI) / 6:00 LECTURE (ISMI) 1188 UNIVERSITY DR BOISE, ID / 7:30 LAB (COBR) 220 E PARK CENTER BLVD BOISE, ID

FORMAT: LECTURE @ IDAHO SPORTS MEDICINE INSTITUTE & LAB TO FOLLOW UTILIZING THE CENTER FOR ORTHOPEDICS & BIOMECHANICS RESEARCH FOR A VISUAL DEMONSTRATION OF THROWING PHASES USING BIOMECHANICAL ANALYSIS TECHNOLOGY

FEES: \$20 ALL PROCEEDS WILL GO TOWARDS COBR AS A DONATION – ONLY 40 PARTICIPANTS ALLOWED DUE TO SPACE IN RESEARCH LAB
(STUDENTS ARE ENCOURAGED TO ATTEND FREE OF CHARGE)

REGISTRATION LINK <https://www.saintalphonus.org/body.cfm?id=1061®istration=true&action=detail&ref=907>

NUMBER OF CONTACT HOURS: UP TO 3 HOURS

LEVEL OF DIFFICULTY: ACCORDING EDUCATION LEVELS OF DIFFICULTY THE PDC HAS IDENTIFIED, THIS COURSE IS CONSIDERED TO BE **ADVANCED**

Instructor: Peter Kolb PT, DPT

Peter Kolb, DP is a physical therapist certified in manual therapy from the Ola Grimbsby Institute. His special interests include shoulder, spine and sports medicine.

Before becoming a physical therapist, Peter enjoyed a career as an athletic trainer. He worked for 19 years with professional baseball teams, as well as with athletes in numerous other sports. Peter's experience with professional athletes brings a high level for understanding and treating sports-related injuries.

Peter earned a Bachelor of Science in Biology from Rutgers University, a Masters of Education in Physical Education from the University of Virginia, and a Doctor of Physical Therapy from Northern Arizona University. His former credentials include athletic trainer (ATC) and certified strength and conditioning specialist (CSCS).



CANCELLATION REFUND POLICY:

CANCELLATIONS UP TO 8 HOURS PRIOR TO THE EVENT WILL BE HONORED AT 100% OF PAYMENT RETURNED WITHIN 30 DAYS FOLLOWING THE EVENT

QUESTIONS? PLEASE CONTACT KATIE GARCIN
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CELL – 954-1094

***CENTER FOR ORTHOPEDICS AND BIOMECHANICS
RESEARCH***

The Boise State University Center for Orthopedic and Biomechanics Research (COBR) is a partnership between the Department of Mechanical and Biomedical Engineering and the Department of Kinesiology. The mission of COBR is to advance the understanding of the mechanical and neuromuscular characteristics of the human movement through basic science, engineering, clinical research and education.
<http://cobr.boisestate.edu/>

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