



# Penn Orthopaedics Throwing Symposium January 31st, 2015



Tyler R. Morris, MD

This past January the University of Pennsylvania Department of Orthopaedics and Sports Medicine division were honored to host the Penn Orthopaedics 2015 Throwing Symposium. *Advances in Throwing: Latest on Injury Prevention and Performance Optimization* was developed with the goal of inviting athletic trainers, coaches, physical therapists and physicians from across the country to discuss innovative techniques in caring for the throwing athlete. This one day conference, held in the heart of University City on Penn's campus, featured specialists from Penn and across the region discussing the key issues facing those involved in the musculoskeletal care of throwing athletes.

The event began with remarks highlighting the unique collegial environment of the Penn Throwing Center and its goal of combining specialists to effectively treat patients with musculoskeletal disorders resulting from throwing injuries. Discussions were held highlighting the normal and abnormal anatomy of throwing athletes, as well as common injury patterns and the options of surgical and non-surgical treatment pathways. The Penn Orthopaedics department, with Sports Medicine Chief Brian Sennett, MD and partners John Kelly, MD, Jim Carey, MD, Miltiadis Zgonis, MD, and Russell Huffman, MD, were joined by several speakers involved in the care of throwing disorders, including athletic trainers, physical therapists, and coaches.

Highlights of the day included lectures given by the two invited keynote speakers, as pictured. First was a speech by James P. Bradley, MD, entitled "*Superior Labral Anterior-Posterior (SLAP) and Posterior Instability in Throwers.*" As a founding partner of Burke and Bradley Orthopaedics in Pittsburgh, Pennsylvania, Dr. Bradley is the Head Team Orthopaedic Surgeon for the Pittsburgh Steelers, and has a wealth of experience in the treatment of throwing athletes and the issues involved in surgical management.

As a conclusion to the day, the second keynote speaker, Craig D. Morgan, MD, gave a lecture entitled "*The Disabled Throwing Shoulder- What I've learned in 30 years.*" As a founding partner of the Morgan Kalman Clinic in Wilmington, Delaware, Dr. Morgan showcased the evolving pathways in the care of throwing disorders and his personal experience the management of musculoskeletal disorders involving throwers.

Penn Orthopaedics was delighted to welcome Drs. Bradley and Morgan as the keynote speakers of the Penn Orthopaedics 2015 Throwing Symposium. The event was uniformly judged a resounding success and a testament to Penn Orthopaedic's commitment to improving patient care and clinical education.



Dr. Bradley



Dr. Morgan

