Clinical Reasoning and Treatment
- Overhead Athlete -
by
Toko Nguyen PT, DPT, OCS, SCS, FAAOMPT, CSCS
Ben Renfrow PT, DPT, OCS, FAAOMPT
AAOMPT Annual Conference 2014 – San Antonio
IAR
INSTITUTE FOR ATHLETE REGENERATION

Ben Renfrow

www.iarfellowship.com
Learning Objectives

• Discuss common pathologies in the thrower
• Discuss biomechanical considerations in the thrower
• Functional assessment and screening of the thrower
• Manual intervention techniques for the thrower
Common Pathologies in the Thrower
True or False?
Shoulder impingement is a normal occurrence during motion.

TRUE
Types of Impingement

Primary

Secondary

www.iarfellowship.com
Most Common Impingement in Throwers?

www.iarfellowship.com
Normal vs Abnormal Impingement

• McFarland
  – 95/75 ABD/ER

  – Halbrecht

• 90/MER in asymptomatics

• Mihata
  – >30 horizontal ABD

Hyperangulation

www.iarfellowship.com
Medial Elbow Pain

VEO

www.iarfellowship.com
True or False?

Mobility & Stability Are Mutually Exclusive.

FALSE
Institute for Athlete Regeneration

Needs of the Thrower

Mobility
- Ankle
- Hip
- GH
- Wrist
- Thoracic

Stability
- Foot / Ankle
- Knee
- Lumbopelvic
- Scapula
- Elbow
IAR
INSTITUTE FOR ATHLETE REGENERATION

Hyper Angulation

MOBILITY
- Thoracic Spine – 8.9°
- Scapula – 23.5° post tip
- Hips – 65° TRM IR/ER

STABIILTY
- RC – SUBSCAP!
- Trunk
- Foot/Ankle

www.iarfellowship.com
Institute for Athlete Regeneration

VEO

Mobility & Stability → Shoulder

GIRD

www.iarfellowship.com
IAR
INSTITUTE FOR ATHLETE REGENERATION

GIRD

• WHAT, WHY, HOW

• PATHOLOGIC

• TRM

• MER/ER

www.iarfellowship.com
Institute for Athlete Regeneration

Assessment

• Movement Screen
  – OHP
  – OHS/OHL
INSTITUTE FOR ATHLETE REGENERATION

Intervention

• Posterior Impingement

• VEO

www.iarfellowship.com
Institute for Athlete Regeneration

- QUESTIONS -

www.iarfellowship.com
Contact Information

• Toko Nguyen
  – toko@iarfellowship.com

• Ben Renfrow
  – shiftpt1@gmail.com

www.IARFELLOWSHIP.com
Institute for Athlete Regeneration

References

References