Learning Objectives

MedBridge

Biomechanics of the Shoulder
Lenny Macrina, MSPT, SCS, CSCS

Chapter 1: Baseball Biomechanics
• Gain advanced knowledge on the anatomy and biomechanics of the throwing motion with implications for evaluating and treating an injured or healthy athlete
• Understand the different phases of throwing
• Gain knowledge of the common phases of throwing that most commonly cause injury
• Understand the tissues involved and how to best rehabilitate the athlete

Chapter 2: Swimming Biomechanics
• Gain advanced knowledge on the anatomy and biomechanics of the various swimming strokes with implications for evaluating and treating an injured or healthy athlete
• Understand the different phases of swimming
• Understand the tissues involved and how to best rehabilitate the athlete