Day 1

8.30 - Registration

8.45 - Introduction

9.00 - Anatomy of the overhead athlete’s shoulder!

9.15 - Throwing biomechanics and shoulder related injuries

10.45 - Coffee break

11.00 - Shoulder injury prevention strategies

12.00 - Lunch!

13.00 - Objective shoulder measurements

14.30 - Coffee break!

14.45 - Monitoring workloads in overhead athletes

15.45 - Round table discussions and reflexions of day 1

16.30 - Closing of day 1

Day 2

09.00 - Assessment of the injured shoulder

10.30 - Coffee break

10.45 - Rehabilitation of the injured shoulder - theory

12.00 - Lunch!

13.00 - Rehabilitation and return to sport of the injured shoulder - practice

15.00 - Building robust overhead athletes with a focus on throwing

16.00 - Round table discussions and reflexions of day 2

16.30 - Closing of day 2