

# UFHealth

UNIVERSITY OF FLORIDA HEALTH

**Thursday - December 16<sup>th</sup> - 6:30-8:15 pm**

VIRTUAL ZOOM Registration

[https://ufl.zoom.us/webinar/register/WN\\_kVGC4Lh2S4KBCCs0PeFE7Q](https://ufl.zoom.us/webinar/register/WN_kVGC4Lh2S4KBCCs0PeFE7Q)

## Line-Up

6:30-6:40pm: Welcome to the UF Health  
Thrower's Clinic - **Jason Zaremski, M.D.**

6:40-6:50: Interactive—What resources are you  
looking for?

6:50-7:05: Importance of Preparing for the  
Season: Off-Season Throwing Programs -**Giorgio  
Zeppieri Jr, MPT, SCS, CSC**

7:05-7:25: Weighted Ball Throwing Programs:  
Pros v Cons - **Jason Zaremski, M.D.**

7:25-7:45: Indications for Tommy John Surgery -  
**Kevin Farmer, M.D.**

7:45-7:55: The UF Sports Performance Center and  
The Throwing Athlete. What We Can Offer the  
Community - **Heather Vincent, Ph.D.**

7:55-8:15: Q&A, Wrap Up



**UF Throwing Clinic**

## Throwing Clinic Leadership Team

### **Jason L. Zaremski, MD, CAQSM, FACSM, FAAPMR**

#### **Director, Throwing Clinic**

Clinical Associate Professor

PM&R and Sports Medicine

Co-Medical Director Adolescent & High School Sports Medicine Outreach Program

Department of Physical Medicine & Rehabilitation

Department of Orthopaedic Surgery & Sports Medicine (Joint appointment)

### **Kevin W. Farmer, M.D.**

#### **Consulting Surgeon, Throwing Clinic**

Peter Indelicato Professor in Orthopaedic Surgery and Sports Medicine

Clinical Associate Professor

Department of Orthopaedic Surgery & Sports Medicine

Sports Medicine and Shoulder Surgery

Team Physician, University of Florida

Medical Advisory Committee Member, Florida High School Athletic Association (FHSA)

Past President and Member, Florida Alliance for Sports Medicine (FASMeD)

### **Heather K. Vincent, Ph.D., FACSM**

#### **Research Director, Throwing Clinic**

University Term Professor & Associate Professor

Department of Physical Medicine & Rehabilitation

Director of Research

Department of Physical Medicine & Rehabilitation

### **Giorgio Zeppieri Jr, MPT, SCS, CSC**

#### **Rehabilitation Director, Throwing Clinic**

University of Florida University Athletic Association Physical Therapist

Staff Physical Therapist, UF Health Rehab Center- Orthopaedic and Sports Medicine Institute

Sports Clinical Specialist, APTA

Certified Strength and Conditioning Specialist, NSCA

<https://pmr.med.ufl.edu/patient-care/patients-we-treat/uf-health-throwing-and-pitching-medicine/>