

SPORTS INJURIES

→ PITCH COUNT, SHOULDER AND ELBOW INJURIES

How coaches on all levels can utilize pitch count as an effective means for preventing shoulder and elbow injuries in baseball pitchers.

Brian V. Becker, M.A., P.T.

Director of Sports Physical Therapy - Excel Rehabilitation & Sports Therapy

Brian is the Director of Sports Physical Therapy at Excel Rehabilitation & Sports Therapy in West Islip. An experienced sports therapist with an unrivaled reputation in baseball circles, he has treated many successful baseball players on Long Island bringing them back to healthy careers. He owns and operates Excel Rehabilitation Sports Therapy in West Islip, Lake Ronkonkoma and East Islip, NY.

→ SHOULDER INJURIES IN SPORTS

Shoulder injuries are a common sports ailment – Dr. Schrank addresses their prevention and care as they occur in a variety of sports and age groups.

Dr. Philip L. Schrank

Orthopaedic Surgeon - St. Charles Hospital

Dr. Schrank earned his medical degree from Georgetown University School of Medicine with Fellowship training in sports medicine at Kerlan-Jobe Orthopaedic Clinic in Los Angeles and his residency at the Hospital for Joint Diseases Orthopaedic Institute and general surgery internship at NYU Medical Center. He is Team Orthopedist for Sachem East Football, and associate Team Physician for the ABA's Strong Island Sound.

He currently specializes in the treatment of shoulder and sports medicine injuries and has been a pioneer in computer navigated total shoulder replacement at St. Charles Hospital. His goal is to return patients back to work, sports and life as quickly as possible.

→ RETURNING YOUR ATHLETES TO PLAY

How to decide when an athlete injured during a game can return to sports competition safely and without risk of further injury.

Dr. Phillip Schrank

→ ACL INJURIES IN FEMALE ATHLETES

An examination of the ACL injury in female athletes – Why they happen and how to prevent them.

Dr. Anthony Cappellino

Orthopaedic Surgeon - Good Samaritan Hospital

Dr. Cappellino earned his undergraduate degree from Yale University in New Haven, Connecticut, and his medical degree at Stony Brook University. Dr. Cappellino completed his residency in Orthopaedics at Yale-New Haven Hospital in Connecticut and was Fellowship trained in sports medicine at the Kerlan-Jobe Orthopaedic Clinic in Los Angeles.

He currently specializes in the treatment of shoulder, knee and all sports medicine injuries. He is the team physician for Sachem North and Sayville Football and Empire State Lacrosse teams. He was the 1983 recipient of the Thorpe Award, as Nassau Counties top High School Football player.

→ COMMON SHOULDER PROBLEMS IN BASEBALL

A look at rotator cuff issues and other common shoulder ailments from Little Leaguers up to Major League ballplayers.

Dr. Anthony Cappellino

→ FEMALE KNEE INJURIES & ACL PREVENTION EXERCISES:

Knee pain in the female athlete and examination of ACL injury prevention exercises

Michael McCrain, MSPT, CSCS

Owner – Next Level Sports & Rehabilitation

Michael McCrain, owner of Next Level Sports and Rehabilitation received his Masters of Science in Physical therapy from Touro College. He is also a Certified Strength and Conditioning Specialist and has worked with athletes on all levels, from high school to professional. He has been published in the NSCA's Strength and Conditioning Magazine.