Evaluation, treatment, and considerations for return to sports for the overhead athlete

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Abstract (300 word limit)

Injuries in the throwing athlete continue to trend upward despite advances in medical care and treatment techniques. These injuries continue to have a significant performance and economic impact on youth, collegiate and professional athletes. The medical team, including physical therapists, must balance the need for efficient and safe return after injury. Recent research is growing in relation to evaluation and return to throwing or serving progression; however, no clear consensus exists. Questions exists for the medical and performance practitioners in regards to appropriate return to tennis criteria and progression. Technology, including motion analysis and wearables has become a popular adjunct in the monitoring of return to tennis progression. This session will detail the return to tennis criteria and evaluation methods used in overhead athletes. This session will discuss the implementation of technology in evaluation, progression and workload management. This session will also review the clinical decision making used by expert therapists to individualize the return to play process, combining the most recent evidence and experience.

Learning Objectives:

- Identify epidemiology as well as risk factors in the tennis/overhead athlete
- Discuss current literature in return to tennis criteria
- Explain technology used in assessing and treatment of the tennis athlete

Recent Publications (minimum 5)

1. Wolken, D., & Today, U. (2021, February 11). Tennis participation has skyrocketed during COVID-19 pandemic. Will it pay off for Americans down the road? *USA Today*. https://www.usatoday.com/story/sports/tennis/2021/02/11/tennis-participation-usta-covid-19.
2. Dines, J. S., Bedi, A., Williams, P. N., Dodson, C. C., Ellenbecker, T. S., Altchek, D. W., Windler, G., & Dines, D. M. (2015). Tennis injuries: epidemiology, pathophysiology, and treatment. *The Journal of the American Academy of Orthopaedic Surgeons*, *23*(3), 181–189.
3. Shannon, N., Cable, B., Wood, T., & Kelly, J., 4th. (2020). Common and less well-known upper-limb injuries in elite tennis players. *Current Sports Medicine Reports*, *19*(10), 414–421.
4. Patel, H., Lala, S., Helfner, B., & Wong, T. T. (2021). Tennis overuse injuries in the upper extremity. Skeletal Radiology, 50(4), 629–644.
5. Pozzi, F., Plummer, H. A., Shanley, E., Thigpen, C. A., Bauer, C., Wilson, M. L., & Michener, L. A. (2020). Preseason shoulder range of motion screening and in-season risk of shoulder and elbow injuries in overhead athletes: systematic review and meta-analysis. British Journal of Sports Medicine, 54(17), 1019–1027.

Photograph



Biography (150 word limit)

Ioonna Félix PT, DPT, OCS, SCS, CTPS is the site manager at the HSS Westside Sports Institute Rehabilitation and Performance Center. Her treatment specialties include sports injuries, injuries pertinent to overhead and combative athletes, and hip pathologies.

Additionally, Ioonna specializes in the rehabilitation, return to play, performance and clinical research of racquet sport athletes of all levels with a particular focus on tennis players. Ioonna currently serves as the physical therapist for Invesco Series QQQ and provides tournament coverage and injury prevention for the players.

She has published articles and book chapters as well as presents nationally and internationally on her specialties. Ioonna's extensive education, performance experience, and clinical research background allow her to provide a comprehensive treatment approach to all patients and athletes.

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Notes/Comments: