



Beacon Orthopaedics' Baseball Throwing Program

The Baseball Throwing Program at Beacon Orthopaedics is a baseball focused, one-on-one program designed for athletes overcoming an injury. We use the latest technology and baseball specific routines to develop the necessary tools to return to play and remain healthy.

Qualifying participants have completed Physical Therapy and are cleared by their physician to resume throwing or begin a throwing program. The Baseball Program helps athletes develop pre and post throwing routines to improve arm health and total body mobility to aid in the throwing motion.

The MotusThrow is utilized during the throwing portions of the program to report objective, real time measurements on Elbow Stress (Nm), Arm Slot (degrees), Arm Speed (RPMs), and Shoulder Rotation (degrees), along with other data.

Post-Op Physician Appointments & General Timeline

- 10-14 days: follow-up with a physician to remove sutures
 - 6 weeks: follow-up with surgeon to discharge use of brace or sling
 - 4-6 months: follow-up with surgeon to determine initiation of interval throwing program (ITP)
 - Typical timeline to start ITP is between 4-6 months
 - 7-9 months: after completing long toss portion of ITP; follow-up with surgeon for clearance to initiate mound portion
 - 12 months: follow-up with surgeon for clearance to return to full play
- **All timeline decisions are based on the surgeon's evaluations**

To Schedule, Contact:

Mark Keiser, MS, ATC, CES
Email: MKEISER@beaconortho.com
Phone: (513) 530-3020

**Learn more about Beacon's services
by visiting: www.BeaconOrtho.com**

Our Experts Are There Every Step of the Way



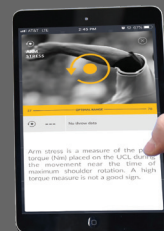
Mark Keiser, MS, ATC, CES

Mark Keiser is a Certified Athletic Trainer at Beacon Orthopaedics & Sports Medicine, working in the Summit Woods Physical Therapy Clinic. He also works as the Assistant ATC at Moeller High School and as an ATC for the Midland Redskins. Prior to working at Beacon, Mark worked as a Minor League Athletic Trainer in the Kansas City Royals Organization for 6 years (2011-2016). Mark was fortunate enough to be a part of the Royals Organization when they won the 2015 World Series. Numerous players that Mark worked with on a daily basis as Minor League players are currently playing in the Major Leagues. Mark is originally from Versailles, OH and he earned his Bachelor's of Science in Athletic Training from Ohio University ('09) and his Master's of Science in Athletic Training from East Carolina University ('11).



Payment Information/Packages:

- Single Session: \$50
- Four Sessions in Advance: \$175
- Eight Sessions in Advance: \$325
- Number of sessions needed varies based on the athlete's progress.
- Insurance only covers standard physical therapy, this program is considered sports training beyond physical therapy.



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Beacon's Baseball Program is offered at:
Summit Woods - 500 E Business Way, Sharonville, OH 45241