



ARMCARE ACCELERATOR

DATA-LED INTERVENTION FOR OVERHEAD ATHLETES

This course provides a proven, evidence-based framework to take the guesswork out of return-to-play decisions. You'll gain the tools to make better clinical decisions by using data tailored to each athlete.

MASTER THROWING BIOMECHANICS

Understanding the role of strength in throwing biomechanics to design personalized throwing, recovery, and fatigue-management plans that keep athletes performing at their best.

CUSTOMIZE RTP THROWING PROGRAMS

Design individual throwing, recovery, and fatigue-management plans to safely return them to peak performance.

IMPLEMENT DATA-DRIVEN INTERVENTIONS

Monitor progress in real time and make on-the-spot adjustments to reduce injuries and optimize performance.

INCREASE REVENUE

Use a data-led system to deliver better outcomes for athletes, setting your facility apart and driving profitability.

WHEN & WHERE

Sun, May 18, 2025

9:00 am - 6:30 pm

ATHLETE TRAINING & HEALTH

23910 Katy Freeway
Katy, Texas 77494

“
*A revolutionary
course that has
changed my
clinical decision
making for
treatment of the
overhead athlete*

— Justin Dudley, PT, DPT, SCS

**BASEBALL'S ONLY EDUCATION APPROVED
FOR THE PT, BOC, & NSCA BOARDS**

WHAT'S INCLUDED

Unlike typical one-day courses, this program provides **18+ extra hours of education**, plus the **ArmCare Dynamometer with IMU** and management software.

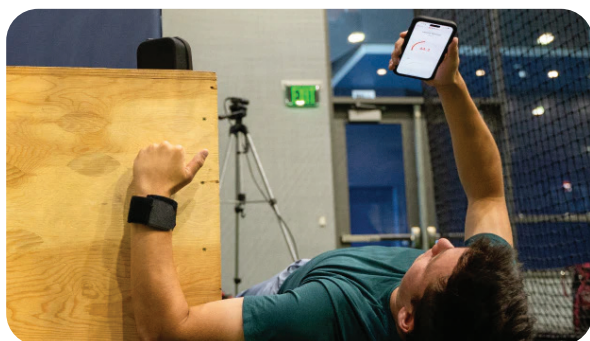
Earn **CE credits** for PT, PTA, BOC, and NSCA boards. With **over \$4,000 in value**, it provides everything you need to elevate your practice and improve athlete outcomes.

Everything You Need:
Certification Courses
Equipment
Software

Online Course (\$695 Value)

LEVEL 1: ARM CARE SPECIALIST COURSE

Master key metrics and training principles to guide your rehab practice.



Online Course (\$695 Value)

LEVEL 2: PITCHING BIOMECHANIST COURSE

Learn advanced strategies to restore mechanics and prevent setbacks.



In-Person Course (\$1500 Value)

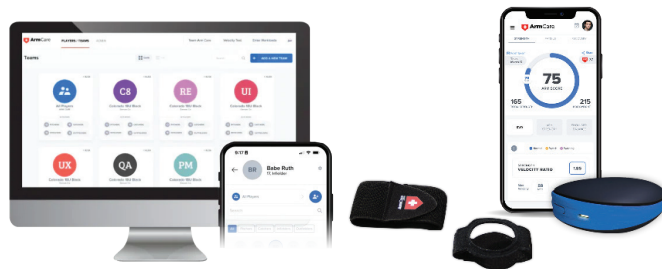
LEVEL 3: ACCELERATOR COURSE

Hands-on training to sharpen clinical decisions and implementation.



EQUIPMENT & SOFTWARE (\$1140 Value)

- ▶ ArmCare Sensor
- ▶ Coaches Portal
- ▶ Premium Sponsorships
- ▶ Accelerator Playbook



SECURE YOUR SPOT TODAY

Scan to Register or use the link below:
armcare.com/products/may-18-sports-medicine-strength-professionals-armcare-accelerator

\$500
-
\$750

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.com



ACCELERATOR COURSE OUTLINE



PRE-REQUISITE COURSE

Focus on Rehabilitation and Clinical Decision Making

This online course emphasizes the role of strength in the rehab process, particularly how fatigue-induced strength loss impacts recovery and return-to-play decisions. Attendees will gain insight into the critical metrics and methods that enhance clinical decision-making in rehabilitation, focusing on restoring strength, balance, and coordination. ArmCare testing and training, guided by key metrics and the SPEAR algorithm, will demonstrate how to manage fatigue, correct imbalances, and optimize mechanics for a successful return to performance.



Scan to Register or
use the link below:

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armcare-accelerator](https://armcare.com/products/may-18-sports-medicine-strength-professionals-armcare-accelerator)



MORNING SESSION

From Impressions to Data-Backed Insights

Attendees will begin with subjective strength assessments, followed by objective, data-driven evaluations for comparison. Key metrics will establish benchmarks for rehabilitation progress, guide clinical decisions at each stage, and support individualized programming through the ArmCare app. These metrics also aid in adjusting throwing programs with a pain and soreness flowchart to support return-to-throwing decisions.

Includes 6 demonstrations and multiple case studies.



AFTERNOON SESSION

Key Strength, Coordination, and Training Concepts

This session dives into biomechanical analyses and kinetic chain movements critical to rehabilitation. Attendees will learn how to identify and correct mechanical flaws, implement data-driven weighted ball training, and use the Velocity Checklist. The session focuses on interpreting kinematic plots (e.g., shoulder rotation, elbow torque) and applying targeted interventions to enhance recovery and minimize re-injury risk.

Includes 8 demonstrations and several case studies.



CONTINUING EDUCATION CREDITS

Earn 18.5 hours of online education—along with 9 hours of in-person training—for continuing education across PT, PTA, BOC, and NSCA boards.

	PT	PTA	BOC	NSCA
In-Person Education	9 Hours	9 Hours	9 Hours	9 Hours
Online Education	18.5 Hours	18.5 Hours	18.5 Hours	18.5 Hours

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.com



MEET YOUR INSTRUCTOR



RYAN CROTIN

PhD, CSCS, RSCC

Ryan completed his PhD at the University at Buffalo studying fatigue-induced movement compensations in baseball pitchers. His post-doctoral fellowship in the Department of Orthopedics at the University of Pennsylvania focused on joint function and biomechanics to determine potential causes of throwing injuries.

His latest position in MLB was Director of Performance Integration for the Los Angeles Angels overseeing strength and conditioning efforts and sport science to apply physiologic and movement-based data to improve the way athletes are coached, receive clinical care, and scouted as it relates to athletic profiling for the amateur draft.

With the Angels, Ryan pioneered a monitoring strategy that cut pitching injury days by 65% leading to two consecutive seasons without a single arm surgery on the active roster.



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