

CALLING ALL COACHES!

Softball and Baseball Clinic

Throwing Mechanics

Pitching Mechanics

- Common technique errors
- Prevention and treatment of injuries
- Simple coaching corrections and drills
- Stretching and strengthening exercises
- Motion analysis review of biomechanics
- Expert advice from Sports Medicine-trained Fort HealthCare professionals

Monday, March, 21st

6:00 - 8:00 p.m.

Therapy & Sport Center

**1504 Madison Avenue
Fort Atkinson**

FREE!

**Fort
HealthCare**
FOR HEALTH

REGISTER TODAY!

**Email: Stephanie.Hayes@forthc.com or
Brian.Meitner@forthc.com or call
920-568-6545**



Fort HealthCare Orthopaedic Associates

Paul W. Schuppner, DO is a doctor of orthopedic surgery dedicated to excellence in patient care. He completed subspecialty fellowship training in Arthroscopy and Sports Medicine at Orthopaedic Research of Virginia. He has an interest in the non-operative and operative treatment of upper extremity shoulder problems.



Dr. Schuppner joined the Fort HealthCare medical staff in the fall of 2013. “The practice of orthopedic surgery is an exciting and rewarding profession. Helping people, from the weekend warrior to professional athlete, return to the sport they love is extremely gratifying.

Throughout my years of team coverage, caring for the throwing athlete has always been particularly enjoyable. The anatomy and function of the shoulder is remarkable. Athletes with shoulder pain require specialized evaluation and treatment. I love helping these patients, using both conservative and surgical treatment options, return to their sport and excel.”

Fort HealthCare Therapy & Sport Center

Brian Meitner, MA, LAT is an avid baseball enthusiast. “I have been interested and involved in biomechanical video analysis of throwing for more than 20 years. In that time, I’ve filmed and worked with numerous baseball and softball players at all ages and skill levels. My goal is to teach correct mechanics to avoid injury and achieve the greatest success on the ball diamond.”



Brian received his bachelor’s degree from UW-Whitewater and his Masters of Arts degree from Western Michigan University. He is currently the athletic trainer at Cambridge High School.

Stephanie Hayes, LAT is a softball fanatic. “I played softball for 9 years at the high school, collegiate, and travel team level. I have helped coach as well. I have been a part of the analysis of throwing and pitching both as a player and a coach. My goal is to help prevent injury due to incorrect mechanics to help them be the best they can be.”



Stephanie graduated in 2014 from Carroll University with a bachelor’s degree in Athletic Training. She is currently the athletic trainer at Palmyra- Eagle High School.

STAFF PROFILES

March 21, 2016


6:00 - 8:00 p.m.

Therapy & Sport Center

1504 Madison Avenue

Fort Atkinson

CLINIC TIMELINE



6:00 p.m.	Basic Throwing Anatomy Common Injuries Rehab and Treatment	Conference Room Conference Room Conference Room
6:30 p.m.	Overhead Throwing Errors Throwing Corrections	Conference Room Gym
7:00 p.m.	Pitching Biomechanics Motion Analysis Pitching Drills	* * *
7:45 p.m.	Stretching & Strengthening	Gym

***Instruction will split to focus on
baseball and softball individually.**

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