

3rd Annual Women's Sports and Wellness Conference Saturday, August 7th, 2021



8:00am	Opening Remarks Courtney Gleason, MD Director, Emory's Female Athlete Program		
	ROOM 1	ROOM 2	ROOM 3
8:10-9:20am	Treatments in Sports Medicine	Dance Session	Sport Specific Session
8:10am	Introduction to Acupuncture Anna Cruz, MD	Dance Terminology 101 Jennifer London, MS, LAT, ATC	Running Medicine: Gait Analysis and Injury Prevention Kate Edwards, PT, DPT, OCS
8:30am	Blood Flow Restriction Therapy with Stress Fractures Ali Hoegel, PT, DPT	Is Your Dancer Ready for Pointe? Lauren Alesch, PT, DPT	A Holistic Approach to Treating Runners Sara Raiser, MD
8:50am	Taping 101 Amanda Yother, MEd, ATC/L	Basics of PT for Dancers Ann MacDougall, PT, DPT, CMTPT	Swimming: Staying in the Pool! Skippy Mattson, PT, ATC
9:10am	What's All This About Dry Needling? Mandy Blackmon, PT, DPT, OCS, CMTPT	Overuse Injury Prevention in the Adolescent Dancer Liz Chesarek, PT, DPT	Cycling Through Life: Why Healthcare Professionals Advocate for Bicycling Kate Walker, PT, DPT, CMTPT
9:30am	Panel Discussion	Panel Discussion	Panel Discussion
9:40-10:50am	Foot and Ankle Session Room 1	Relative Energy Deficiency in Sports Room 2	Hip Session Room 3
9:40am	Foot and Ankle Arthritis in the Midlife Athlete and Beyond Michelle Coleman, MD, PhD	Menarche to Menopause: Nutrition Matters for the Female Athlete Val Schonberg, MS, RDN, CSSD, LD, NCMP	Hip Health: Gluteal Tendinopathy in the Mature Athlete Emily Bolthouse, PT, DPT, SCS, CSCS
10:00am	Tips for Recovering from Plantar Fasciitis Lisa Kovack, PT, MTC	Relative Energy Deficiency in Sports: How to Start the Conversation Joan Reed, MAT, ATC, CSCS	Young Adult Hip Pain Megan Jimenez, DO
10:20am	Getting Back to Play: Rehabilitation of Ankle Sprains Kristen Spurlock-Welsh, PT, DPT, CSCS, CMTPT	Hormonal Regulation of Bone Metabolism Anna Beth Bradley, MD	Hip labral tears in the Female Athlete Amy Wolkin, PT, DPT, MBA
10:40am	Panel Discussion	Panel Discussion	Panel Discussion
10:50am	BREAK		
11:00am	Keynote Speaker: Markesha Henderson, Ed.D. What About Us? Post-COVID Considerations for Women and Girls in Sport		
11:30-12:50pm	Be Inspired! Room 1	Sideline Care of the Athlete Room 2	Pregnancy, Post-Partum, and Pelvic Floor Room 3
11:30am	Athletic Identity and Finding Joy Outside Your Sport Kate Edwards, PT, DPT, OCS	Pre-Match Dynamic Warm-up for the Tennis Player Karli Dill, MA, ATC, NASM	5 Steps to Postpartum Pelvic Floor Recovery Blair Green, PT, DPT, OCS, PHC, CSCS
11:50am	Performance Psychology in Surgery – Parallels to Sport Mara Schenker, MD	Sideline Care of the Athlete: What's in the Bag? Jennifer London, MS, LAT, ATC	Musculoskeletal Issues in Pregnancy Eziamaka Obunadike, MD
12:10pm	Gender Inequality in Sports Frazier Keitt, DO, CAQSM, MS	Hydration: Before, During, and After Exercise Sarah Wolber, MS, RDN, LDN	Post-Partum Considerations and the Female Athlete Lisa-Preston-Hsu, MD, MPH
12:30pm	Behind the Scenes at the Atlanta Ballet Mandy Blackmon, PT, DPT, OCS, CMTPT and Emma Faulkner, PT, DPT, OCS	Fueling: Pre-Competition, During Competition, Post-Competition Brittany Verras, MPH, RD, LD	Uncovering the Black Box of Pudendal Neuralgia in the Female Athlete Yogita Taylor, DO
12:50pm	Panel Discussion	Panel Discussion	Panel Discussion
1:00-1:30pm	LUNCH BREAK		

1:30pm	Keynote Speaker: Kensa Gunter, PsyD, CMPC The Person of the Athlete: Navigating the Intersection Between Mental Health, Sport, and Culture		
2:00-3:20pm	Be Your Best! Room 1	Common Diagnoses Affecting Female Athletes Room 2	Upper Extremity Session Room 3
2:00pm	How to Change Your Life with 10 Minutes of Pilates a Day Melinda Pasion, PT, Cert Polestar Pilates, Dry Needling	Implications of Hypermobility for the Female Athlete: Can I Be Too Flexible? Emma Faulkner, PT, DPT, OCS	Upper Extremity Neuropathy in the Female Athlete Amanda Dempsey, MD
2:20pm	From the Recreationally Active to the Elite Athlete: Become Sport Nutrition Intuitive Page Love, MS, RDN, CSSD	Why Does My Back Hurt? Dheera Ananthakrishnan, MD, MSE	Hypermobility Hand Syndromes Nicki Zelenski, MD
2:40pm	Positive Movement: Staying Active in the Presence of Pain Maggie Gebhardt, PT, DPT, OCS, CMTPT, FAAOMPT	Concussion in the Female Athlete Diya Sandhu, MD	Rehab for the Overhead Athlete with Shoulder Pain Jill Wosmek, MA, ATC
3:00pm	Keeping Women and Girls in the Game: Female Athlete Attrition and the Benefits of Exercise and Sport Courtney Gleason, MD	ACL Rehab and Return to Play for the Female Athlete Anna Cottle, PT, DPT, ATC	Athletic Wrist Injuries Nina Suh, MD, FRCS
3:20pm	Panel Discussion	Panel Discussion	Panel Discussion
3:30pm	Closing Remarks Courtney Gleason, MD		
3:40-4:00pm	ENCORE! Keynote Q&A with Dr. Henderson and Dr. Gunter Tackling Topics that Affect Women and Girls in Sport		