

Speakers List 2021 Women's Sports and Wellness Conference:

NAME	CREDENTIALS	TITLE
Lauren Alesch	PT, DPT	Is Your Dancer Ready for Pointe?
Dheera Ananthakrishnan	MD, MSE	Why Does My Back Hurt?
Mandy Blackmon	PT, DPT, OCS, CMTPT	What's All This About Dry Needling? Behind the Scenes at the Atlanta Ballet (with Emma Faulkner)
Emily Bolthouse	PT, DPT, SCS, CSCS	Hip Health: Gluteal Tendinopathy in the Mature Athlete
Anna Beth Bradley	MD	Hormonal Regulation of Bone Metabolism
Liz Chesarek	PT, DPT	Overuse Injury Prevention in the Adolescent Dancer
Michelle Coleman	MD, PhD	Foot and Ankle Arthritis in the Midlife Athlete and Beyond
Anna Cottle	PT, DPT, ATC	ACL Rehab and Return to Play for the Female Athlete
Anna Cruz	MD	Introduction to Acupuncture
Amanda Dempsey	MD	Upper Extremity Neuropathy in the Female Athlete
Karli Dill	MA, ATC, NASM	Pre-Match Dynamic Warm-up for the Tennis Player
Kate Edwards	PT, DPT, OCS	Gait Analysis and Injury Prevention Athletic Identity and Finding Joy Outside Your Sport
Emma Faulkner	PT, DPT, OCS	Implications of Hypermobility for the Female Athlete: Can I Be Too Flexible? Behind the Scenes at the Atlanta Ballet (with Mandy Blackmon)
Maggie Gebhardt	PT, DPT, OCS, CMTPT, FAAOMPT	Positive Movement: Staying Active in the Presence of Pain
Courtney Gleason	MD	Female Athlete Attrition: Keeping Women in the Game
Blair Green	PT, DPT, OCS, PHC, CSCS	5 Steps to Postpartum Pelvic Floor Recovery
Ali Hoegel	PT, DPT	Blood Flow Restriction Therapy with Stress Fractures
Megan Jimenez	DO	Young Adult Hip Pain
Frazier Keitt	DO, CAQSM, MS	Gender Inequality in Sports
Lisa Kovack	PT, MTC	Tips for Recovering from Plantar Fasciitis
Jennifer London	MS, LAT, ATC	Dance Terminology 101 Sideline Care of the Athlete: What's in the Bag?
Page Love	MS, RDN, CSSD	From the Recreationally Active to the Elite Athlete: Become Sport Nutrition Intuitive
Ann MacDougall	PT, DPT, CMTPT	Basics of PT for Dancers
Patricia "Skippy" Mattson	PT, ATC	Swimming: Staying in the Pool!
Eziamaka Obunadike	MD	Musculoskeletal Issues in Pregnancy
Melinda Pasion	PT, Cert Polestar Pilates, Dry Needling	How to Change Your Life with 10 Minutes of Pilates a Day
Lisa Preston-Hsu	MD, MPH	Post-Partum Considerations and the Female Athlete
Sara Raiser	MD	A Holistic Approach to Treating Runners

Joan Reed	MAT, ATC, CSCS	Relative Energy Deficiency in Sports: How to Start the Conversation
Diya Sandhu	MD	Concussion in the Female Athlete
Mara Schenker	MD	Performance Psychology in Surgery – Parallels to Sport
Val Schonberg	MS, RDN, CSSD, LD, NCMP	Menarche to Menopause: Nutrition Matters for the Female Athlete
Kristen Spurlock-Welsh	PT, DPT, CSCS, CMTPT	Getting Back to Play: Rehabilitation of Ankle Sprains
Nina Suh	MD, FRCSC	Athletic Wrist Injuries
Yogita Tailor	DO	Uncovering the Black Box of Pudendal Neuralgia in the Female Athlete
Brittany Verras	MPH, RD, LD	Fueling: Pre-Competition, During Competition, Post-Competition
Kate Walker	PT, DPT, CMTPT	Cycling Through Life: Why Healthcare Professionals Advocate for Bicycling
Sarah Wolber	MS, RDN, LDN	Hydration: Before, During, and After Exercise
Amy Wolkin	PT, DPT, MBA	Hip labral tears in the Female Athlete
Jill Wosmek	MA, ATC	Rehab for the Overhead Athlete with Shoulder Pain
Amanda Yother	MEd, ATC/L	Taping 101
Nicki Zelenski	MD	Hypermobility Hand Syndromes
KEYNOTE SPEAKERS		
Markesha Henderson	Ed. D.	What About Us? Post-COVID Considerations for Women and Girls in Sport
Kensa Gunter	PsyD, CMPC	The Person of the Athlete: Navigating the Intersection Between Mental Health, Sport, and Culture