Course Description
The level of competition in women’s sports continues to advance and there has been an increase in the rate of both acute and overuse injuries seen in female athletes. This conference will explore sex differences and sport specific considerations related to injury, evidence-based rehabilitation and return to performance for the female athlete. The multi-specialty, expert faculty that includes Orthopaedic Surgery, Physiatry, Cardiology, Sport Psychology, Obstetrician/Gynecology, Physical Therapy and Athletic Training will discuss comprehensive management highlighting the critical need for a collaborative team dedicated to the female athlete.

Course Objectives
- Discuss sex differences related to lower extremity pathology of the hip and knee.
- List key risk factors for ACL injury in the female athlete
- Discuss sex specific considerations with ACL Reconstruction in the female athlete.
- Describe common injuries and management strategies for the female dancer.
- Discuss sport-specific considerations for rehabilitation and return to sport for the female athlete.
- List cardiovascular risk factors in the female athlete.
- Develop an evidence-based rehabilitation program for conservative management of anterior knee pain in the athlete.
- Identify opportunities for referral to sports psychology when working with female athletes.
- Develop an evidence-based return to run program for the postpartum athlete.

Expected Outcome
- Participants will rate their ability to effectively manage athletes with lower extremity pathology as high or higher compared to before the program.

Course Schedule: Saturday June 4, 2022

7:50 am  Course Welcome
8:00 am  Women’s Sports Medicine: What Is It, and Why Should we Care?

Sex Differences & Considerations in the Female Athlete
8:15 am  Female Athlete Hip Injuries
8:35 am  Surgical Considerations in Female Athlete Hip Injuries
8:55 am  Risk Factors for ACL Injury in the Female Athlete
9:15 am  ACL Injury Prevention Programs
9:30 am  ACLR Considerations in the Female Athlete
9:45 am  Panel Discussion / Q&A
10:00 am  Break

Sport Specific Considerations in the Female Athlete
10:15 am  The Gymnast’s Elbow
10:30 am  Softball Shoulder Biomechanics & Injuries
10:45 am  Evaluation & Management of Dancer’s Injuries
11:00 am  Rehabilitation Considerations for the Female Dancer
11:15 am  Sex Differences & Injuries at the Olympic Games
11:30 am  Management Considerations for Female Paralympians
11:45 am  Lacrosse the Great Divide: Return to Sport Considerations for the Female Lacrosse Player
12:00 pm  Injuries in Female Fitness Competitors
12:15 pm  Panel Discussion / Q&A
12:30 pm  Lunch Break

Multidisciplinary Approaches to the Female Athlete
1:00 pm  Cardiovascular Considerations in the Female Athlete
1:20 pm  The At-Risk Female Athlete: RED-S and Energy Availability
1:40 pm  Advances to Understanding Bone Stress Injuries in Athletes
2:00 pm  Panel Discussion / Q&A
2:20 pm  Break
2:35 pm  Sports Psychology and the Female Athlete
2:55 pm  Sport Related Concussion Considerations in the Female Athlete
3:15 pm  Considerations for Exercise in Pregnancy
3:35 pm  Return to Running: Updated Considerations for the Postpartum Athlete
3:35 pm  Panel Discussion / Q&A
4:15 pm  Adjourn
# 2022 Mass General Sports Medicine Conference: Collaborative Management of the Female Athlete

## Course Faculty

<table>
<thead>
<tr>
<th>Faculty Name</th>
<th>Title/Position</th>
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<tbody>
<tr>
<td>Peter Asnis, MD</td>
<td>Mass General Brigham Director of Professional Sports</td>
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<tr>
<td></td>
<td>Head Team Physician, Boston Bruins, Head Team Orthopedic Surgeon, Boston Red</td>
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<td></td>
<td>Sox, Team Physician, New England Patriots</td>
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<tr>
<td></td>
<td>Assistant Professor of Orthopaedic Surgery, Harvard Medical School</td>
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<td>Lisa Baute, MD</td>
<td>Obstetrician/Gynecologist, Mass General Hospital</td>
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<td>Cheri Blauwet, MD</td>
<td>Attending Physician, Brigham and Women’s Hospital, Spaulding Rehabilitation</td>
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<td>Hospital, Assistant Professor of PM&amp;R, Harvard Medical School</td>
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<tr>
<td>Haylee Borgstrom, MD</td>
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<td>Sox, Instructor of PM&amp;R, Harvard Medical School</td>
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<tr>
<td>Richard Ginsburg, PhD</td>
<td>Co-Director MGH PACES Institute of Sports Psychology</td>
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<tr>
<td>Lenore Herget, PT, DPT, SCS, Med, CS</td>
<td>Senior Physical Therapist, Mass General Sports Physical Therapy</td>
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<tr>
<td></td>
<td>Medical Staff: New England Patriots, Concussion Rehabilitation Consultant:</td>
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<td></td>
<td>Boston Bruins, Boston Red Sox, New England Revolution</td>
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<tr>
<td>Rachel Lampros, PT, DPT, SCS,</td>
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<td>Director of Outreach, Women’s Sports Medicine Program</td>
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<td>Alexandre Lopes, PT, PhD, Clinical Professor, Northeastern University</td>
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<tr>
<td>Scott Martin, MD</td>
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<td>Service, Director, Sports Medicine Fellowship</td>
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<td></td>
<td>Associate Professor of Orthopaedic Surgery, Harvard Medical School</td>
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<tr>
<td>Kelly McInnis, DO</td>
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<td>Director, Harvard / Spaulding PM&amp;R Sports Medicine Fellowship</td>
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<td></td>
<td>Head Team Physician, Curry College, Suffolk University, Assistant Professor of</td>
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<td>Luke Oh, MD</td>
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<td></td>
<td>Harvard University, Assistant Professor in Orthopaedic Surgery, Harvard Medical</td>
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<td>Jamie Preszler, PT, DPT, OCS, ATC</td>
<td>Senior Physical Therapist/Athletic Trainer, Mass General Sports Physical</td>
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<td>Isabella Sprague, PT, DPT, SCS,</td>
<td>Staff Physical Therapist, Mass General Sports Physical Therapy</td>
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<tr>
<td>Adam Tenforde, MD,</td>
<td>Attending Physician, Spaulding Rehabilitation Hospital, Assistant Professor</td>
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<td>of PM&amp;R, Harvard Medical School</td>
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<td>George Theodore, MD</td>
<td>Foot, Ankle &amp; Knee Orthopaedic Surgeon, MGH, Team Physician, Boston Red Sox,</td>
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<td>New England Revolution, Instructor in Orthopaedic Surgery, Harvard Medical</td>
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<td>Gregory Waryasz, MD</td>
<td>Foot &amp; Ankle Orthopaedic Surgeon, Director, Foot &amp; Ankle Sports Medicine</td>
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<td>Instructor of Orthopaedic Surgery, Harvard Medical School</td>
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<tr>
<td>Meagan Wasfy, MD</td>
<td>Cardiologist, MGH Cardiovascular Performance Center</td>
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<tr>
<td>Ashley Wiater, PT, DPT, SCS,</td>
<td>Senior Physical Therapist, Mass General Sports Physical Therapy</td>
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## Course Directors

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<tr>
<th>Faculty Name</th>
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<tr>
<td>David Nolan PT, DPT, MS, OCS, SCS, CSDS</td>
<td>Clinical Specialist, Mass General Sports Physical Therapy, Associate Clinical Professor, Northeastern University Department of Physical Therapy, Movement &amp; Rehabilitation Sciences Director, MGH / NU Sports Physical Therapy Residency Program</td>
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<tr>
<td>Eric Berkson, MD</td>
<td>Sports Medicine Orthopaedic Surgeon, Mass General Hospital, Team Physician,</td>
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<td>Boston Red Sox, Assistant Professor of Orthopaedic Surgery, Harvard Medical</td>
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<tr>
<td>Miho Tanaka, MD</td>
<td>Sports Medicine Orthopaedic Surgeon, Mass General Hospital, Women’s Sports</td>
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<td></td>
<td>Medicine Program, Associate Professor of Orthopaedic Surgery, Harvard Medical</td>
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## Additional Information

- **Target Audience:** Physicians, Athletic Trainers, Physical Therapists, Physical Therapist Assistants, Athletic Training & Physical Therapy Students
- **APTA MA Approved CEU’s:** PENDING
- **BOC Approved CEUs:** 7.25 Category A
- **Provider #** P8820
- **Level of Difficulty:** Intermediate
- **Registration Fees:** Clinicians = $125; Students = $50
- **Educational Materials:** Available for download prior to course
- **Location:** Virtual via Zoom
- **Conference will be recorded and made available for any registrant unable to attend live on June 4, 2022**
- **Course Info / Registration:** [Registration Link](#)

**Cancellation Policy:**
A full refund will be provided for any course cancellations made 14 days prior to the course date. A written letter requesting cancellation must be submitted to David Nolan via email at d.nolan@northeastern.edu. Requests must be received at least two weeks prior to event date as there will be no refund for cancellations received later. If participants register and do not attend, they are still responsible for full payment. Northeastern University Department of Physical Therapy, Movement, and Rehabilitation Sciences will process the refund within 7 business days from the day the request is received.