

2022 Mass General Sports Medicine Conference: Collaborative Management of the Female Athlete

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**



MASSACHUSETTS
GENERAL HOSPITAL

SPORTS MEDICINE



Mass General Brigham



Northeastern
Bouvé College of Health Sciences
Physical Therapy, Movement
and Rehabilitation Sciences

2022 Mass General Sports Medicine Conference: Collaborative Management of the Female Athlete

Course Directors

David Nolan PT, DPT, MS, OCS, SCS, CSCS
Clinical Specialist, Mass General Sports Physical Therapy
Associate Clinical Professor, Northeastern University Department
of Physical Therapy, Movement & Rehabilitation Sciences
Director, MGH / NU Sports Physical Therapy Residency Program

Eric Berkson, MD
Sports Medicine Orthopaedic Surgeon, Mass General Hospital
Team Physician, Boston Red Sox
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School

Miho Tanaka, MD
Sports Medicine Orthopaedic Surgeon, Mass General Hospital
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Associate Professor of Orthopaedic Surgery, Harvard Medical
School

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.



Course Faculty

Peter Asnis, MD, Mass General Brigham Director of Professional Sports
Head Team Physician, Boston Bruins | Head Team Orthopedic Surgeon, Boston Red
Sox | Team Physician, New England Patriots
Assistant Professor of Orthopaedic Surgery, Harvard Medical School

Lisa Baute, MD, Obstetrician/Gynecologist Mass General Hospital

Cheri Blauwet, MD, Attending Physician, Brigham and Women's Hospital /
Spaulding Rehabilitation Hospital
Assistant Professor of PM&R, Harvard Medical School

Haylee Borgstrom, MD, Sports Medicine Physiatrist, Mass General Hospital
Team Physician, Boston Red Sox
Instructor of PM&R, Harvard Medical School

Richard Ginsburg, PhD
Co-Director MGH PACES Institute of Sports Psychology

Lenore Herget, PT, DPT, SCS, MEd, CSCS
Senior Physical Therapist, Mass General Sports Physical Therapy
Medical Staff: New England Patriots | Concussion Rehabilitation Consultant: Boston
Bruins, Boston Red Sox, New England Revolution, Boston Celtics

Rachel Lampros, PT, DPT, SCS,
Senior Physical Therapist, Mass General Sports Physical Therapy
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Alexandre Lopes, PT, PhD, Clinical Professor, Northeastern University

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Team Physician, Boston Red Sox, New England Patriots
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Staff Physical Therapist, Mass General Sports Physical Therapy

Adam Tenforde, MD, Attending Physician, Spaulding Rehabilitation Hospital
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