

Emory's 6th Annual Women's Sports and Wellness Conference
Saturday, August 10, 2024

Emory Orthopedics and Emory Sports Medicine Center with
Emory University School of Medicine



8:00-8:10am Room 110	<p>Opening Remarks Courtney Gleason, MD Director, Emory's Female Athlete Program Associate Professor, Orthopedics Emory School of Medicine</p>		
8:10-10:00am Room 110	<p>Putting Atlanta on the Map for Female Athletes</p>		
8:10am	<p>Teamwork Makes the Dream Work: Team Cohesion and Sports Performance Katie Buria, MAT, ATC</p>		
8:30am	<p>The Caitlin Clark Effect: Leveraging Momentum for Women's Sports Markesha Henderson, Ed.D</p>		
9:00am	<p>Transforming Lives Through Sport: Soccer in the Streets Chelsea Wood</p>		
9:20am	<p>Journey to the Atlanta Vibe Leah Edmond</p>		
9:35am	<p>Question and Answer</p>		
9:50am	<p>Break</p>		
	ROOM 110/Zoom Link 1		ROOM 120/Zoom Link 2
10:00-11:50am	Session 1	10:00-11:50am	Session 2
10:00am	Nutrition for Athletes: Helping Female Athletes Beat the Heat Page Love, MS, RDN, CSSD	10:00am	Bending Without Breaking: Hypermobility in the Female Athlete Mandy Blackmon, PT, DPT, OCS, CMTPT/DN & Emma Faulkner, PT, DPT, OCS
10:20am	Injury Prevention for the Female Athlete Elizabeth Dixon, PT, DPT and Danielle Fitzgerald, PT, DPT	10:30am	Aerial & Acrobatics: Common Skills & Common Injuries Courtney Johnson, PT, DPT, SDN
10:40am	Care of the Professional Athlete: Iron, Vitamin D, and Other Key Components of Optimal Sports Performance Frazier Keitt, DO, CAQSM, MS	10:50am	Dance Injuries Not to Miss Rosa Pasculli, MD, MBA
11:00am	Optimizing Training: Coordinating with Your Cycle Kate Edwards, PT, DPT, OCS	11:10am	Barriers to Dancers Accessing Healthcare: A Dance Medicine Panel Discussion
11:20am	Gender Inequities in Sports Medicine Abigail Green, BS		
11:40am	Panel Discussion	11:40am	Panel Discussion
11:50-12:20pm	<p>LUNCH and NETWORKING (lunch provided for in-person attendees)</p>		
12:20pm Room 110	<p>Keynote Presentation Val Schonberg, MS, RDN, CSSD, LD, MSCP Who Moved My Cheese? Nutrition for Athletic Transitions Through the Lifespan</p>		
1:20pm	<p>Break</p>		
	ROOM 110/Zoom Link 1		ROOM 120/Zoom Link 2
1:25-2:55pm	Session 3	1:25-2:55pm	Session 4

1:25pm	Rehab for Female Athletes After Lower Extremity Injuries: Highlighting Atlanta Roller Derby Athletes Road to Recovery and Return to Play Leah Todd, PT, DPT and Atlanta Roller Derby	1:25pm	Why Should I Strength Train? Easy Ways to Improve Your Health as Well as Your Lifespan Anna Cottle, PT, DPT, ATC
1:45pm	Why Does My Hip Hurt? Eziamaka Obunadike, MD	1:45pm	Nutrition for Athletes: Plant-Based Diets Christine Rosenbloom, PhD, RDN, FAND
2:05pm	The Science Behind Gait Analysis: Which Runners Benefit from Gait Retraining? Kacy Seynders, PT, DPT	2:05pm	Considerations with Return to Exercise After Breast Cancer Stephanie Kirkpatrick, PT, DPT, CLT
2:25pm	Urinary Incontinence in Female Athletes and Pelvic Floor Function Kelly Conley, PT, DPT, OCS	2:25pm	Staying active: Recommendations from Diagnosis Through Survivorship Sonal Oza, MD
2:45pm	Panel Discussion	2:45pm	Panel Discussion
2:55pm		Break	
3:05-4:45pm	Session 5 Relative Energy Deficiency in Sports (REDS) Mini-Symposium	3:05-4:45pm	Session 6
3:05pm	Screening for Relative Energy Deficiency in Sports (REDS) As Part of the Preparticipation Evaluation Karli Dill, MA, ATC, NASM	3:05pm	Concussion and the Female Athlete Morgan Heinzlmann-Weisbaum, MD
3:25pm	Managing Athletes with Relative Energy Deficiency in Sport (REDS) and Bone Stress Injuries Courtney Gleason, MD & Rosa Pasculli, MD, MBA	3:25pm	Acupuncture and Athletes Anna Cruz, MD
		3:40pm	Sagittal Changes of the Spine Over Time in Female Athletes Sarah Hite, PT, DPT, MA
3:55pm	Nutrition for Athletes: Relative Energy Deficiency in Sport (REDS) Sarah Flood, MS, RDN, LD	3:55pm	Treating the Whole Athlete: A Case Study Series Rachel Stewart, MS, ATC
4:15pm	Rehab and Back to Sport after Bone Stress Injury Liz Chesarek, PT, DPT, SCS	4:15pm	Benefits of Exercising with Chronic Pain Diya Sandhu, MD
4:35pm	Panel Discussion	4:35pm	Panel Discussion
4:45pm Room 110	Closing Remarks Courtney Gleason, MD		



“Better Together”