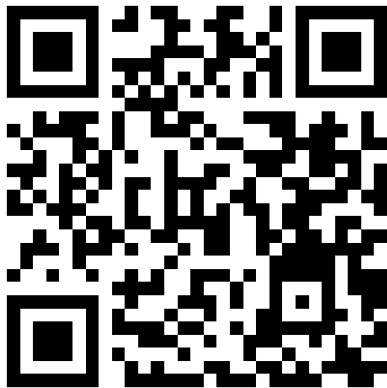


Emory's 7th Annual Women's Sports and Wellness Conference
Saturday, August 16th, 2025



8:00-8:05am Room 110	Opening Remarks Courtney Gleason, MD Director, Emory's Female Athlete Program		
	ROOM 110/Zoom Link 1		ROOM 120/Zoom Link 2
8:05-9:15am	Session 1 Keeping Her in the Game		Session 2 Sports Performance Optimization
8:05am	Why Her Risk is Different: Rethinking Injury in the Female Athlete Rosa Pasculli MD, MBA		Lifting with Confidence: Safe Strength Training for Women at Every Level Crystal Busbee PT, DPT, CSCS, CP-S
8:25am	Sport Specialization in Young Female Athletes: Risks, Rewards, and Realities Bridget Doyle DO, MPH		Wearable Technology and Video Analysis April McPherson PhD
8:45am	Female Athlete Attrition: Keeping Women and Girls in the Game Courtney Gleason MD		Gender Based Injury Profiles and Equipment Concerns Kim Barber Foss PhD, LAT, ATC
9:05am	Panel Discussion		Panel Discussion
9:15am	Break		
9:25am Room 110	Keynote Speaker Coach Nell Fortner My Take: What I've Learned Through a Career in Women's Sports as Athlete, Analyst, and Coach for Collegiate, Professional, and Gold Medal Winning Olympic Teams		
10:10am	Break		
10:20-12:10pm	Session 3 The Brain Game		Session 4 Clinical Cases: Rehab and Return to Play
10:20am	Supporting Mental Health in Young Athletes Jenny Kraska PhD		Hip: Femoral Acetabular Impingement/Labral Tears Anna Cottle PT, DPT, ATC and Karl Lane MS, ATC, LAT
10:40am	Building Resilience in Female Athletes Kalyn Wilson LCSW		Knee: Patellofemoral Syndrome Leah Todd PT DPT and Kennedy Gray LAT, ATC
11:00am	Coaching Her Right: Understanding and Empowering the Female Athlete Derrick "Mickey" McNeill USSF C, NSCAA Advanced, FA Level 1		Shoulder: Impingement Kate Walker PT, DPT, CMTPT and Allison Rhodes, ATC
11:20am	Sport-Related Concussion in the Female Athlete Morgan Heinzelmann-Weisbaum MD		Ankle: Ankle Sprain Danielle Fitzgerald PT, DPT and Adrienne Henderson, ATC
11:40am	Mental Health Concerns During Concussion Recovery Wendy Shugart MS, LAT, ATC, NREMT		Implementing an Injury Prevention Program for Female Collegiate Athletes Rudae Gadson MSAT, LAT, ATC, NREMT
12:00pm	Panel Discussion		Panel Discussion
12:10pm	LUNCH (lunch provided for in-person attendees)		
	ROOM 110/Zoom Link 1		ROOM 120/Zoom Link 2
12:40-1:50pm	Session 5 Nutrition		Session 6 Hands on for Treatment Modalities in Sports Medicine
12:40pm	Protein and Creatine: Separating Health from Hype for Female Athlete Health and Performance Val Schonberg MS, RDN, CSSD, LD, MSCP	12:40pm	Dry Needling: When, Where, How, and Why Ann MacDougall PT, DPT, CMTPT/DN
1:10pm	Helping Athletes Move from Food Fears to Fueling Page Love MS, RDN, CSSD and McKenna Croft (athlete)	1:00pm	Taping: Indications and Technique Mandy Blackmon PT, DPT, OCS, CMTPT/DN and Emma Faulkner PT, DPT, OCS
		1:20pm	Acupuncture in Sports Medicine Anna Cruz, MD

1:40pm	Panel Discussion		Panel Discussion
1:50pm	Break		
2:00-3:30pm	Session 7 Treating Energy Availability in Female Athletes		Session 8 Special Topics for Female Athletes
2:00pm	Implementing REDs Screening in the Collegiate Setting Rosa Pasculli MD, MBA, Karli Dill MA, ATC, NASM, Sarah Flood MS, RDN, LD		Menstrual Cycle and Injury Risk Eziamaka Obunadike, MD
2:20pm	Identification and Initial Management of Eating Disorders and Disordered Eating in Female Athletes Katherine Hill, MD		Optimizing Training: Coordinating with Your Cycle Kate Edwards PT, DPT, OCS
2:40pm	Best Practices for Nutritional management in Eating Disorders and Implications for REDs Megan Hellner, RD		From the Sidelines to the Clinic: Championing LGBTQIA+ Athlete Care Alena Naff MS, LAT, ATC and Hayden Evans, ATC, OSM-III
3:00pm	Building a Multi-Disciplinary Team Dheera Ananthakrishnan, MD, MBA, Reema Dbouk MD, Courtney Gleason MD, Val Schonberg MS, RDN, CSSD, LD, MSCP		Stress Urinary Incontinence in Female Athletes: What Can be Done to Improve Pelvic Fitness Score Vrunda Takalkar PT, DPT
3:20pm	Panel Discussion		Panel Discussion
3:30pm Room 110	Closing Remarks Courtney Gleason, MD		



Virtual Registration

In Person Registration

