



Speakers List 2023 Emory's 5th Annual Women's Sports and Wellness Conference:

NAME	CREDENTIALS	TITLE
Dheera Ananthkrishnan	MD, MBA	Why Does My Back Hurt?
Kayla Balcom	PhD	Navigating Mental Health Medications and Sports
Karolyne Bell	MA, CTRS	Adaptive Sports: Women's Wheelchair Basketball
Mandy Blackmon	PT, DPT, OCS, CMTPT/DN	Getting to the (Trigger) Point: What is Dry Needling?
Liz Chesarek	PT, DPT, SCS	PT Pearls for the Adolescent and Pediatric Female Athlete
Kelly Conley	PT, DPT, OCS	Urinary Incontinence in Female Athletes and Pelvic Floor
Anna Cottle	PT, DPT, ATC	Anterior Cruciate Ligament Tears
Anna Cruz	MD	Acupuncture and Athletes
Amanda Dempsey	MD	Tennis Elbow
Kate Edwards	PT, DPT, OCS	Building the Resilient Runner
Emma Faulkner	PT, DPT, OCS	Blood Flow Restriction
Brittany Ferrell	MS, ATC	Concussion Update 2023
Sarah Flood	MS, RDN, LD	Pearls for Hydration: Before, During, and After Exercise/Recovery
Courtney Gleason	MD	Title IX: Women in Sports
Kensa Gunter	PsyD, CMPC	More than a Game: Why Diversity, Equity, and Inclusion in Sport Matters
Markesha Henderson	Ed.D	'The Invisible Woman in Sports: Strategies for Being Seen and Heard'
Megan Jimenez	DO	Recovery: From Sleep to Ice Baths
Emily Johnson	PT, DPT, SCS, CSCS	PT Pearls for Cross-Fitters
Frazier Keitt	DO, CAQSM, MS	Transgender Athletics in NCAA: Policy, Procedure, and What is to Come
Abby Keenan	MS, CMPC	Mindset Matters: Mental Strategies for Athletic Performance
Stephanie Kirkpatrick	PT, DPT	Back to Life and Back to Exercising after Breast Cancer
Jennifer London	MS, LAT, ATC	Understanding the Impact of Adolescent Body Changes on Sports Participation
Page Love	MS, RDN, CSSD	Unique and Innovative Approaches to Sport Nutrition for Female Athletes
Ann MacDougall	PT, DPT, CMTPT/DN	PT Pearls for Dancers
Eziamaka Obunadike	MD	Exercising During Pregnancy: What Can I Do Safely?
Wendy Oshinski	MS, LAT, ATC, NREMT	Preseason Preparedness for the Female Collegiate Athlete
Rosa Pasculli	MD, MBA	Relative Energy Deficiency in Sports
Melinda Pasion	PT, Cert Polestar Pilates	15-Minute Rejuvenating Lunchtime Yoga/Pilates Session
Sara Raiser	MD	Shockwave Therapy
Diya Sandhu	MD	Benefits of Exercising with Chronic Pain
Kacy Seynders	PT, DPT	Building the Resilient Runner
Val Schonberg	MS, RDN, CSSD, LD, NCMP	Nutrition for Active Adults in Midlife and Beyond (video)
Kate Walker	PT, DPT, CMTPT	PT Pearls for Pickleball and Tennis Players
Kim Winn	MS, LAT, ATC	Getting to the Heart of the Matter: Cardiac Preparedness