

Emory's 5th Annual Women's Sports and Wellness Conference and Health Summit
Join the Conversation! "Better Together"
Saturday, August 12th, 2023



8:00-8:10am Room 110	Opening Remarks Courtney Gleason, MD Director, Emory's Female Athlete Program		
	ROOM 110/Zoom Link 1		ROOM 120/Zoom Link 2
8:10-10:05	Injuries and The Female Athlete		Pearls of Sports Rehab
	Anterior Cruciate Ligament (ACL) Tears Anna Cottle, PT, DPT, ATC		Physical Therapy Pearls for Dancers Ann MacDougall, PT, DPT, CMTPT
	Concussion Update 2023 Brittany Ferrell, MS, ATC		Building the Resilient Runner Kate Edwards, PT, DPT, OCS
	Relative Energy Deficiency in Sports (RED-S) Rosa Pasculli, MD, MBA		PT Pearls for Pickleball and Tennis Players Kate Walker, PT, DPT, CMTPT
	Tennis Elbow Amanda Dempsey, MD		PT Pearls for the PT, DPT
	Why Does My Back Hurt? Dheera Ananthakrishnan, MD, MBA		PT Pearls for Cross-Fitters Emily Johnson, PT, DPT, SCS, CSCS
9:50am	Panel Discussion		Panel Discussion
10:05am	Break		
10:20-12:15pm	Diversity, Equity, and Inclusion in Sports		Prepare for Success!
	More Than A Game: Why Diversity, Equity, and Inclusion in Sport Matters Kensa Gunter, PsyD, CMPC		Optimizing Running Shoes and Gait Kacy Seynders, PT, DPT
	Title IX: Women in Sports Courtney Gleason, MD		Getting to the Heart of the Matter: Cardiac Preparedness Kim Winn, MS, LAT, ATC
	Transgender Athletics in NCAA: Policy, Procedure, and What is to Come Frazier Keitt, DO, MS		Mindset Matters: Mental Strategies for Athletic Performance Abby Keenan, MS, CMPC
	Navigating Mental Health Medications and Sports Kayla Balcom, PhD		Pearls for Hydration: Before, During, and After Exercise Sarah Flood, MS, RDN, LD
	Adaptive Sports: Women's Wheelchair Basketball Karolyne Bell, MA, CTRS (Blaze Sports)		Unique and Innovative Approaches to Sport Nutrition for Female Athletes Page Love, MS, RDN, CSSD, LD
12:00pm	Panel Discussion		Panel Discussion
12:15pm	15-Minute Rejuvenating Lunchtime Yoga/Pilates Session Melinda Pasion, PT, Cert Polestar Pilates	LUNCH (lunch provided for in-person attendees)	Lunch & Learn Video Lecture: Nutrition for Active Adults in Midlife and Beyond (Room 120/Zoom Link 2) Val Schonberg, MS, RDN, CSSD, LD, NCMP
12:50pm Room 110	Keynote Speaker Markesha Henderson, Ed.D Executive Director of Sports Strategic Planning and Administration, Clark Atlanta University 'The Invisible Woman in Sports: Strategies for Being Seen and Heard'		
1:35pm	Break		

1:45-4:00pm	Therapeutic Interventions in Sports Medicine		Special Topics for Female Athletes
	Getting to the (Trigger) Point: What is Dry Needling? Mandy Blackmon, PT, DPT, CMTPT/DN		Exercising Considerations Before, During, and After Pregnancy Eziamaka Obunadike, MD
	Blood Flow Restriction Emma Faulkner, PT, DPT, OCS		Urinary Incontinence in Female Athletes and Pelvic Floor Function Kelly Conley, PT, DPT, OCS
	Sports Massage		Impact of Adolescent Body Changes on Sports Participation Jennifer London, MS, LAT, ATC
	Shockwave Therapy Sara Raiser, MD		Preseason Preparedness for the Female Collegiate Athlete Wendy Oshinski, MS, LAT, ATC, NREMT
	Acupuncture and Athletes Anna Cruz, MD		Back to Life and Back to Exercising after Breast Cancer Stephanie Kirkpatrick, PT, DPT
	Recovery: From Sleep to Ice Baths Megan Jimenez, DO		Benefits of Exercising with Chronic Pain Diya Sandhu, MD
3:45pm	Panel Discussion		Panel Discussion
4:00pm Room 110	Closing Remarks Courtney Gleason, MD		