

WOMEN IN SPORTS MEDICINE AND REHABILITATION CARING FOR THE FEMALE ATHLETE



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March 20, 2020

University of Michigan Golf Course

Join local, regional and nationally recognized speakers as we discuss the more pressing topics in caring for the female athlete. This course is designed to address the variety of health concerns, injury prevention education and the latest in treatment options specific to female patients, providing education for sports medicine professionals.

This one-day, lecture-based educational event targets physicians, physician assistants, physical therapists, athletic trainers, physical therapy assistants, nurses and other allied health professionals.

Registration and Continuing Medical Education: \$195



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Michigan Medical School MedSport Physical Therapy. The University of Michigan Medical School is accredited by the ACCME to provide continuing medical education for physicians. The University of Michigan Medical School has approved this live activity for a maximum of 8 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

2020 Agenda

7:30am	Registration	
8:00am	Opening Remarks	Kristen Schuyten, P.T./Eileen Crawford, M.D. <i>MedSport Physical Therapy & Orthopaedic Surgery/Sports Medicine</i>
8:10am	Pediatric ACL Surgical Techniques	Eileen Crawford, M.D. <i>Orthopaedic Surgery & Sports Medicine</i>
8:30am	Pediatric ACL Rehabilitation	Jess Kellum, P.T. <i>MedSport Physical Therapy</i>
8:50am	Managing Menstrual Cycles	Caren Stalburg, M.D. <i>Obstetrics & Gynecology</i>
9:10am	Pelvic Floor Dysfunction in the Female Athlete	Reina Nakamura, D.O. <i>PM & R, Sports Medicine</i>
9:30am	Questions/Panel	Schuyten, Crawford, Kellum, Stalburg, Nakamura
9:45am BREAK		
10:00am	Female Athlete Triad/RED-S	Keri Denay, M.D. <i>Family Medicine, Sports Medicine</i>
10:20am	Nutrition in the Aesthetic Athlete	Carrie Aprik, R.D. <i>Oakland University, Detroit Pistons, USA Hockey, US Figure Skating</i>
10:40am	Female Stress Injuries/Running Injuries	Rebecca Northway, M.D. <i>Internal Medicine, Sports Medicine, Pediatrics</i>
11:00am	Return to Running After Injury	Jill Stockford, P.T. <i>MedSport Physical Therapy</i>
11:20am	Questions/Panel	Denay, Aprik, Northway, Stockford
11:35am	Keynote: Women in Athletics	Angelique Chengelis, B.A. <i>Sportswriter, Detroit News</i>
12:30pm	Mental Health and Pain in Athletes	Kristen Schuyten, P.T. <i>MedSport Physical Therapy</i>
12:50pm	Exercise in Pregnancy	Kendra Dunsford, P.T. <i>MedSport Physical Therapy</i>
1:10pm	Shoulder/Scapular Stability	Andrea Aagesen, D.O. <i>PM & R, Sports Medicine</i>
1:30pm	Overhead Athlete's Shoulder: Biomechanics and Rehab Considerations	Jen Demink, P.T. <i>MedSport Physical Therapy</i>
1:50pm	Questions/Panel	Schuyten, Dunsford, Aagesen, Demink
2:05pm BREAK		
2:20pm	Concussion Management and Treatment	Andrea Almeida, M.D. <i>Neurology</i>
2:40pm	Sleep Optimization for Female Athletes	Cathy Goldstein, M.D. <i>Sleep Medicine, Psychiatry & Neurology</i>
3:00pm	Female Spine Injuries/Developmental Differences	Ingrid Ichesco, M.D. <i>Sports Medicine, Pediatrics</i>
3:20pm	Treatment/Rehab of Female Spine Injuries	Renita Romaniski, A.T.C. <i>MedSport Physical Therapy</i>
3:40pm	Questions/Panel	Almeida, Goldstein, Ichesco, Romaniski
4:00pm	Closing Remarks	Kristen Schuyten, P.T./Eileen Crawford, M.D.