

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

8:00-8:10am Room 110	Opening Remarks Courtney Gleason, MD Director, Emory's Female Athlete Program Associate Professor, Orthopedics Emory School of Medicine
8:10-10:00am Room 110	Putting Atlanta on the Map for Female Athletes
8:10am	Teamwork Makes the Dream Work: Team Cohesion and Sports Performance Katie Buria, MAT, ATC
8:30am	The Caitlin Clark Effect: Leveraging Momentum for Women's Sports Markesha Henderson, Ed.D
9:00am	Transforming Lives Through Sport: Soccer in the Streets Chelsea Wood and Grace Henderson
9:20am	Journey to the Atlanta Vibe Leah Edmond
9:35am	Question and Answer
9:50am	Break
	ROOM 110/Zoom Link 1
	ROOM 120/Zoom Link 2
10:00-11:50am	Session 1
10:00am	Nutrition for Athletes: Helping Female Athletes Beat the Heat Page Love, MS, RDN, CSSD
10:20am	Injury Prevention for the Female Athlete Elizabeth Dixon, PT, DPT and Danielle Fitzgerald, PT, DPT
10:40am	Care of the Professional Athlete: Iron, Vitamin D, and Other Key Components of Optimal Sports Performance Frazier Keitt, DO, CAQSM, MS
11:00am	Optimizing Training: Coordinating with Your Cycle Kate Edwards, PT, DPT, OCS
11:20am	Gender Disparities in Sports Abigail Green, BS
11:40am	Panel Discussion
10:00-11:50am	Session 2
10:00am	Bending Without Breaking: Hypermobility in the Female Athlete Mandy Blackmon, PT, DPT, OCS, CMTPT/DN & Emma Faulkner, PT, DPT, OCS
10:30am	Aerial & Acrobatics: Common Skills & Common Injuries Courtney Johnson, PT, DPT, SDN
10:50am	Dance Injuries Not to Miss Rosa Pasculli, MD, MBA
11:10am	Barriers to Dancers Accessing Healthcare: A Dance Medicine Panel Discussion
11:40am	Panel Discussion
11:50-12:20pm	LUNCH and NETWORKING (lunch provided for in-person attendees)
12:20pm Room 110	Highlight Reel: Women in Sports and Emory's Female Athlete Program Courtney Gleason, MD
12:35pm Room 110	Keynote Presentation Val Schonberg, MS, RDN, CSSD, LD, MSCP Who Moved My Cheese? Nutrition for Athletic Transitions Through the Lifespan
1:35pm	Break
	ROOM 110/Zoom Link 1
	ROOM 120/Zoom Link 2
1:40-3:10pm	Session 3
1:40pm	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
2:00pm	Why Does My Hip Hurt? Eziamaka Obunadike, MD
2:20pm	The Science Behind Gait Analysis: Which Runners Benefit from Gait Retraining? Kacy Seynders, PT, DPT
1:40-3:10pm	Session 4
1:40pm	Why Should I Strength Train? Easy Ways to Improve Your Health as Well as Your Lifespan Anna Cottle, PT, DPT, ATC
2:00pm	Nutrition for Athletes: Plant-Based Diets Christine Rosenbloom, PhD, RDN, FAND
2:20pm	Back to Life and Back to Exercising after Breast Cancer Surgery Stephanie Kirkpatrick, PT, DPT, CLT

2:40pm	Urinary Incontinence in Female Athletes and Pelvic Floor Function Kelly Conley, PT, DPT, OCS	2:40pm	Staying active: Recommendations From Diagnosis Through Survivorship Sonal Ova, MD
3:00pm	Panel Discussion	3:00pm	Panel Discussion
3:10pm	Break		
3:30-5:00pm	Session 5 Relative Energy Deficiency in Sports (REDS) Mini-Symposium	3:30-5:00pm	Session 6
3:30pm	Screening for Relative Energy Deficiency in Sports (REDS) As Part of the Preparticipation Evaluation Karli Dill, MA, ATC, NASM	3:30pm	Concussion and the Female Athlete Morgan Heinzelmann-Weisbaum, MD
3:50pm	Managing Athletes with Relative Energy Deficiency in Sport (REDS) and Bone Stress Injuries Courtney Gleason, MD & Rosa Pasculli, MD, MBA	3:50pm	Acupuncture and Athletes Anna Cruz, MD
		4:05pm	Sagittal Changes of the Spine Over Time in Female Athletes Sarah Hite, PT, DPT, MA
4:20pm	Nutrition for Athletes: Relative Energy Deficiency in Sport (REDS) Sarah Flood, MS, RDN, LD	4:20pm	Treating the Whole Athlete: A Case Study Series Rachel Stewart, MS, ATC
4:40pm	Rehab and Back to Sport after Bone Stress Injury Liz Chesarek, PT, DPT, SCS	4:40pm	Benefits of Exercising with Chronic Pain Diya Sandhu, MD
5:00pm	Panel Discussion	5:00pm	Panel Discussion
5:00pm Room 110	Closing Remarks Courtney Gleason, MD		