

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

8:00AM-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
8:10AM-10:05AM	Injuries and The Female Athlete		Pearls of Sports Rehab
	Anterior Cruciate Ligament (ACL) Tears		Physical Therapy Pearls for Dancers
	Concussion Update 2023		Building the Resilient Runner
	Relative Energy Deficiency in Sports (RED-S)		PT Pearls for Pickleball and Tennis Players
	Tennis Elbow		PT Pearls for the Adolescent and Pediatric Female Athlete
	Why Does My Back Hurt?		PT Pearls for Cross-Fitters
9:50AM	Panel Discussion		Panel Discussion
10:05AM	Break		
10:20AM-12:15PM	Diversity, Equity, and Inclusion in Sports		Prepare for Success!
	More Than A Game: Why Diversity, Equity, and Inclusion in Sport Matters		Optimizing Running Shoes and Gait
	Title IX: Women in Sports		Getting to the Heart of the Matter: Cardiac Preparedness
	Transgender Athletics in NCAA: Policy, Procedure, and What is to Come		Mindset Matters: Mental Strategies for Athletic Performance Abby Keenan, MS, CMPC
	Navigating Mental Health Medications and Sports		Pearls for Hydration: Before, During, and After Exercise

	Adaptive Sports: Women's Wheelchair Basketball		Unique and Innovative Approaches to Sport Nutrition for Female Athletes
12:00PM	Panel Discussion		Panel Discussion
12:15PM	15-Minute Rejuvenating Lunchtime Yoga/Pilates Session	LUNCH (lunch provided for in-person attendees)	Lunch & Learn Video Lecture: Nutrition for Active Adults in Midlife and Beyond
12:50PM Room 110	Keynote Speaker Val Schonberg MS, RDN, CSSD, LD, MSCP, FAND		
1:35PM	Break		
1:45PM-4:00PM	Therapeutic Interventions in Sports Medicine		Special Topics for Female Athletes
	Getting to the (Trigger) Point: What is Dry Needling?		Exercising Considerations Before, During, and After Pregnancy
	Blood Flow Restriction		Urinary Incontinence in Female Athletes and Pelvic Floor Function
	Sports Massage		Impact of Adolescent Body Changes on Sports Participation
	Shockwave Therapy		Preseason Preparedness for the Female Collegiate Athlete
	Acupuncture and Athletes		Back to Life and Back to Exercising after Breast Cancer
	Recovery: From Sleep to Ice Baths		Benefits of Exercising with Chronic Pain
3:45PM	Panel Discussion		Panel Discussion
4:00pm Room 110	Closing Remarks Courtney Gleason, MD		