## Women in Sports Medicine: Dancing Through the Ages  
February 24, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>7:00 am – 8:00 am</td>
<td>Registration &amp; Breakfast</td>
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</tbody>
</table>
| 8:00 am       | Welcome & Opening Remarks  
Sherrie Ballantine, DO & Rachel Brakke-Holman, MD                                |
| 8:00 am – 9:30 am | Section 1: Pediatric Sports Medicine  
- Update on the Female Athlete Triad - Deborah Saint-Phard, MD  
- ACL in Females - Michelle Wolcott, MD  
- New Findings on Overuse Injuries and Success in Youth Sports – Karin Van Baak, MD  
- Issues Surrounding Aesthetically-Based Sports - Stephanie Chu, DO |
| 9:30 am – 9:45 am | Break                                                                          |
| 9:45 am – 11:00 am | Section 2: Through the Ages: Issues that apply to all women  
- Back Pain - Rachel Brakke-Holman, MD  
- Pelvic Floor Insufficiency – Jeanette Burney, PT, MSPT, CMPT, RYT  
- Challenges Women Athletes Face - Ceal Barry  
- Concussion - Ann McNamara, PT, MPT  
- Hip Pain - Stephanie Mayer, MD |
| 11:00 am – 12:00 pm | Keynote Address: Exercise is Medicine - Carrie Jaworski, MD, FAAFP, FACSM       |
| 12:00 pm – 12:45 pm | Lunch                                                                          |
| 12:45 pm – 2:00 pm | Section 3: Stages of Pregnancy  
- MSK Issues In Pregnancy - Adele Meron, MD  
- Exercise and Pregnancy for the Elite Athlete - Sherrie Ballantine, DO  
- Postpartum Core/Pelvic Floor Strengthening and Return to Sport Chelsea Holt, PT, DPT  
- Post-Partum Barriers to Success and Exercise - Paige Swales, CNM; Kate Kripke, LCSW |
| 2:00 pm – 3:30 pm | Section 4: Issues for the Aging Woman  
- Cartilage Care in the Mature Female Athlete - Linnea Welton, MD  
- Endocrinology of the Maturing Athlete - Brenda Price, MD; Lisa Jamroz, MD  
- Women and Our World of Coping – LaTisha Bader, PhD, LP, LAC, CMPC  
- Exercise is Medicine: Barriers to Exercise and the Aging Woman Sherrie Ballantine, DO |
| 3:30 pm – 4:30 pm | Athlete Panel – Rachel Brakke-Holman, MD, Mara Abbott, Emma Coburn, Colleen De Reuck, Jenny Simpson, Jalen Tompkins |