

— THE —
**FEMALE ATHLETE
CONFERENCE
2023**



STRATEGIES FOR HEALTH
AND PERFORMANCE

June 14–16, 2023
Seaport Hotel, Boston MA

#2023FAC

www.femaleathleteconference.com

Course Overview

Experts in sports medicine, sports psychology, sports science, sports nutrition, and sports culture will present strategies to prevent and treat clinical issues and injuries that can limit female athletes' performance. This interactive conference will improve attendees' awareness and comfort level in managing salient issues for the modern female athlete (e.g., psychological resilience, transition out of sport, postpartum return to sport, menopausal considerations) in addition to providing updates and state-of-the-art information about more traditional topics (e.g., ACL updates, new concussion and head injury information, injury rehabilitation, REDs) and more. As women and girls become more empowered through sports, we continue to advance research on how sex and gender differences affect their performance and overall sports experience. This conference is meant to share the science and provide networking opportunities to improve female athletes' training, confidence, and motivation to advance their success on and off the field.

Registration

In-Person

Level	Early Bird Price	Regular Price
Physician	\$575	\$675
Allied Health & Research Professionals (RD, PT, ATC, LICSW, PsyD, PA, NP, PhD, etc.)	\$450	\$550
Resident/Fellow	\$325	\$425
Non-Academic Members of the Community	\$300	\$400
Student	\$225	\$325

Virtual

Level	Early Bird Price	Regular Price
Physician	\$400	\$500
Allied Health & Research Professionals (RD, PT, ATC, LICSW, PsyD, PA, NP, PhD, etc.)	\$275	\$375
Resident/Fellow	\$200	\$300
Non-Academic Members of the Community	\$150	\$250
Student	\$100	\$200

Target Audience

- Physicians
- Physician Assistants
- Physical Therapists
- Nurse Practitioners
- Dietitians
- Psychologists, Social Workers, and other Mental Health Professionals
- Sports Scientists
- Researchers
- Coaches
- Female Athletes and their Families
- Others involved in the management, support, and evaluation of female athletes

Registration Information

Registration information is available at www.femaleathleteconference.com. Early Bird registration prices apply until April 1st, 2023, and regular pricing applies from April 1st-June 13th 2023, for the in-person conference, and April 1st-July 21, 2023 for the virtual conference.

Refund Policy

Cancellation requests received before May 14th will be issued a 50 % refund. Cancellation requests received between May 14th and the start of the Conference will be issued a 25% refund. No refunds will be issued once the conference has begun (i.e., June 14th), and "no shows" will be subject to the full conference fee. All refund requests must be received by email, at info@femaleathleteconference.com. Additionally, all registrants wishing to switch from the in-person conference to the virtual conference may do so at no fee but must submit a request to info@femaleathleteconference.com. Grievances should be directed to Meghan Keating, PA-C, and Grace Saville, at info@femaleathleteconference.com. A full grievance policy is available at www.femaleathleteconference.com.

[For questions, concerns, and/or accommodation requests please email info@femaleathleteconference.com.](mailto:info@femaleathleteconference.com)

Planning Committee



Course Director
Kathryn Ackerman,
MD, MPH, FACSM



Co-Chair
Meghan Keating,
MPAS, PA-C



Co-Chair
Nicole Farnsworth,
MS, RD, CSSD, LDN,
CPT

Planning Committee Leadership:

Emilie Burgess, MS, RDN, CSSD, LDN, Dawn Hynes, MSW, Julie McCleery, PhD
Laura Moretti Reece, MS, RD, CSSD, LDN, Grace Saville, BS, Stacey Schley, MD, Trent
Stellingwerff, PhD, FACSM, and Jennifer Thompson

Accreditation Information

The AAFP has reviewed The Female Athlete Conference and deemed it acceptable for up to 18.75 Live AAFP Prescribed credits. Term of Approval is from 06/14/2023 to 06/16/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Female Athlete Conference (BOC AP#: P12093) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 18.75 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

CDR has approved the Female Athlete Conference, in-person and virtual, for 18.75 CPEU lecture hours, 2.25 exhibit hours, and 2.0 poster hours. Dietitians should only claim hours commensurate with the extent of their participation in the activity.

The Massachusetts Physical Therapy Association has approved the Female Athlete Conference for 18.75 CEU.

Where identified, sessions in this conference are approved by Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program as part of the individually approved conference. The 2023 Female Athlete Conference, approval #1510, offered by Female Athlete Conference. Regulatory boards are the final authority on conference sessions accepted for continuing education credit. ACE conference approval period: 4/26/2023-4/26/2025. The social worker participating in this conference received 12 total credits including (number) (type) and (number) (type) continuing education credits.

This program is sponsored by the Massachusetts Psychological Association. Massachusetts Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. Massachusetts Psychological Association maintains responsibility for this program and its content. Up to 10 CE credits are available.

Disclosures

In the development of this program, the Female Athlete Conference followed all Standards for Integrity and Independence in Accredited Continuing Education. Per ACCME policy, we must disclose all commercial support from ineligible companies.

Ineligible companies providing in-kind support include: N/A
Ineligible companies providing financial support include: Hologic

All faculty and individuals in control of the program's educational content have disclosed all relevant financial relationships, per Female Athlete Conference policy, and all relationships have been mitigated prior to the start of the Conference. A list of all individuals in control of the educational program, and their relevant financial relationships (or lack thereof), is provided at registration. All presenters will inform attendees of disclosures prior to the start of educational content.



Wu Tsai Human
Performance Alliance

#2023FAC

Schedule June 14, 2023

7:00-7:45 am	Registration	
7:45-8:00 am	Opening Remarks Kathryn Ackerman, MD, MPH, FACSM	
8:00-8:45 am	How the Wu Tsai Human Performance Alliance is Advancing Female Athlete Health and Performance Kathryn Ackerman MD, MPH, FACSM, Andrew Fry, PhD, Mike Hahn, PhD, Emily Kraus, MD	
8:45-9:30 am	Femina Scientia: History, Hormones, and Female Athletes Eimear Dolan, PhD, Kirsty Elliott-Sale, PhD, Anthony Hackney, PhD, DSc	
9:30-10:15 am	Exhibitor Hall/Coffee Break hosted by 	
10:15-11:00 am	Concussion Updates for Female Athletes Christina Master, MD, FAAP, CAQSM, FACSM, Margot Putukian, MD, FACSM, FAMSSM	
11:00-11:45 am	Keynote hosted by PROJECT RED—S no educational credit offered Mary Cain	
11:45-1:00 pm	Lunch Break	
1:00-2:00 pm	Mental Health in Sport Panel ▲★ Riley Nickols, PhD, CEDS-S, Mary Cain, Victoria Heiligenthal, Madison Mooney, Ivy Watts, MPH	
2:05-3:05 pm		
Track #1 Lighthouse Ballroom	Psychological Resilience and Mental Skills Training, Navigating the Mental Side of Recovery ▲★ <ul style="list-style-type: none">• Navigating the mental side of recovery: how a multidisciplinary mental health team can help: Melissa Christino, MD, Kelsey Griffith, MS• Psychological skills and performance among female athletes in aesthetic sport: from research to practice: Kelsey Griffith, MS, Erika Van Dyke, PhD• Assessment of mental resilience in female athletes: Tiffany Stewart, PhD	
Track #2 Plaza Ballroom	A Multidisciplinary Approach to Treating Hip Injuries in the Female Athlete ▲ <ul style="list-style-type: none">• Clinical considerations for treatment of the hypermobile hip in the female athlete at different ages and stages: Heather Southwick, PT, MSPT• The pelvic floor muscle symptoms, QoL, and function in young sportswomen with self-reported hip symptoms, compared to a non-symptomatic hip group: Mariette Oelofse, MSc• Common hip injuries among female athletes: Yi-Meng Yen, MD, PhD	
Track #3 Seaport Ballroom	Evaluation of the Relationship Between Body Composition, Nutrition and Menopause Symptoms Across the Menopause Transition ▲ <ul style="list-style-type: none">• Evaluation of the relationship between body composition and menopause symptoms across the menopause transition: Sam Moore, MS• What do we know about nutritional considerations in the post-menopausal athlete?: Stacy Sims, MSc, PhD	

Schedule June 14, 2023

3:05-4:05 pm

Track #1
Lighthouse
Ballroom

Navigating Relationships and Limiting the Impact of Countertransference When Working with Female Athletes ▲★

- Helping relationships turning harmful: when the best of intentions lead to ethical concerns: [Kate Bennett, PsyD](#)
- What's next for female athlete mental health: generating and disseminating programming and policy to promote wellness: [Rachael Flatt, MA, OLY](#), [Sasha Gorrell, PhD](#)
- Limiting the impact of countertransference when working with female athletes: [Christine L.B. Selby, PhD, CEDS, CMPC-E](#)

Track #2
Plaza
Ballroom

Chronic Pain in Female Athletes: The Need for Integrated Treatment and Team-Based Approaches ▲

- Chronic pain in female athletes: the need for integrated treatment and team-based approaches: [Courtney Hess, PhD](#), [Lauren Harrison, PhD](#), [Bård Erlend Solstad, PhD](#)
- Treating lumbopelvic pain in female athletes: [Fiona Wilson, PhD](#)

Track #3
Seaport
Ballroom

Behind the Scenes of the Development of the IOC REDs Clinical Assessment Tool and Evaluating the Effect of Energy Availability on Performance and Medical Outcomes at the Boston Marathon ▲

- Behind the scenes of the development of the IOC REDs Clinical Assessment Tool: Canadian cohort: [Ida Heikura, PhD](#), [Trent Stellingwerff, PhD, FACSM](#)
- Boston Marathon prospective study of the impact of athlete energy availability on performance and medical outcomes: [Kristin Whitney, MD](#)

4:05-5:05 pm

Track #1
Lighthouse
Ballroom

Evaluating the Efficacy of the Sport Mental Health Assessment Tool and the Coach Self-Efficacy Body Image Scale in High Level Athletes ▲★

- An analysis of the Sport Mental Health Assessment Tool in Team USA female athletes: [William Adams, PhD, ATC, FACSM](#)
- Development and preliminary validation of the Coach Self-Efficacy Body Image Scale: [Jekaterina Schneider, PhD](#), [Hannah Silva-Breen, MS](#)

Track #2
Plaza
Ballroom

Vocal Cord Dysfunction and Heat Illness in Female Athletes ▲

- Recognition and front-line management of the female athlete with shortness of breath: [J. Tod Olin, MD, MSCS](#)
- Heat illness considerations for female athletes: [Gabrielle Giersch, PhD](#)

Track #3
Seaport
Ballroom

Menstrual Health History and Hormonal Contraceptive Use in Active Women and US Olympic and Paralympic Females ▲

- Characterizing hormonal contraception use and associated side effects in active women: [Hannah E. Cabre, PhD, MS, RDN](#)
- Menstrual health history and hormonal contraceptive use in US Olympic and Paralympic female athletes: [Travis Anderson, PhD](#)

6:00-9:00 pm

Odyssey Boat Cruise Networking Night
(tickets must be purchased in advance)

hosted by



Wu Tsai Human
Performance Alliance



Wu Tsai Human
Performance Alliance

#2023FAC

Schedule June 15, 2023

6:00-7:00 am **Fitness Classes**

7:00-7:45 am **Registration**

7:45-8:00 am **Opening Remarks**
Trent Stellingwerff, PhD, FACSM

8:00-8:45 am **Safe Guarding in Sport**
Ju'Riese Colon, Cheri Blauwet, MD, FACSM, Jonathan Finnoff, DO, FACSM, FAMSSM, RMSK, Fiona Wilson, PhD

8:45-9:30 am **Developing a Sports Science Research Agenda and Translational Practice Informed by USOPC-Affiliated Female Athletes**
Emily Kraus, MD, Julie McCleery, PhD

9:30-10:15 am **Exhibitor Hall/Coffee Break** hosted by 

10:15-11:00 am **IOC Consensus REDs Update**
Louise Burke, PhD, OAM, FACSM, Margo Mountjoy, MD, PhD, CCFP (SEM), FCFP, FACSM, Dip Sport Med, Trent Stellingwerff, PhD, FACSM

11:00-11:45 am **Keynote** hosted by  no educational credit offered
Sherry Levin

11:45-1:00 pm **Lunch Break**

1:00-2:00 pm **Postpartum Return to Sport Panel** ▲
Nicole Farnsworth, MS, RD, CSSD, LDN, CPT, Gráinne Donnelly, BSc, PgC, Mikia Keith, Jane Thornton, MD, PhD, OLY, Hilary Stellingwerff, OLY, Lora Webster

2:05-3:05 pm

Track #1
Lighthouse
Ballroom

Improving Coach Education on Working with Female Athletes and Implementing a Shared Learning Approach to Improving Girls' Participation in Sports and Physical Activity ▲

- A shared learning approach to improving girls' participation in sports and physical activity: results from a pilot project: [Julie McCleery, PhD](#)
- In the know: improving coach education on working with female athletes: [Anthea Clarke, PhD](#), [Mikaeli Carmichael](#)

*CME credit not available through AAFP

Track #2
Plaza
Ballroom

From Chaos to Cosmos: Clinical Complexities and Considerations in the Treatment of Athletes with Eating Disorders ▲★
[Riley Nickols, PhD](#), CEDS-S

Track #3
Seaport
Ballroom

Strength Training in Female Athletes and Suppression of the Hypothalamic-Pituitary-Ovarian Axis in Women During U.S. Army Basic Combat Training ▲

- Attitudes and practices of elite strength coaches towards sex-specific needs in international women's rugby union: [David Nolan, PhD\(c\)](#)
- Perspectives on concurrent strength and endurance training in females: [Ritva Mikkonen, PhD](#)
- Suppression of the hypothalamic-pituitary-ovarian axis in women during U.S. Army basic combat training: [Kristin Popp, PhD](#)

Schedule June 15, 2023

3:05-4:05 pm

Track #1

Lighthouse
Ballroom

Preventing Physical Maltreatment, Sexual, & Emotional Abuse in Female Athletes Around the World ▲★

- Prevalence of physical maltreatment, sexual, & emotional abuse & associated sequelae in elite athletes: [Marci Hamilton, JD](#)
- Prevalence of interpersonal violence among elite athletes in Brazil: [Joanna Albuquerque Maranhão Bezerra de Melo](#)

Track #2

Plaza
Ballroom

GI Dysfunction in Female Athletes ▲

- What the poop: common GI problems in female athletes: [Meg Steffey Schrier, MS, RD, CSSD, LDN](#)
- Gut feelings and common GI issues that impact female athletes: [Lori Zimmerman, MD](#)

Track #3

Seaport
Ballroom

Female Athlete Sport Science vs. Applied Practice: A Needless Tug-Of-War ▲

[Richard Burden, PhD](#), [Anita Biswas, MD](#), [Anthony Hackney, PhD, DSc](#)

4:05-5:05 pm

Track #1

Lighthouse
Ballroom

Improving Body Image and Preventing Eating Disorders in Female Athletes ▲★

- Co-creating positive body image interventions for girl-identifying athletes and coaches utilizing an international multidisciplinary partnership: [Emily Louise Matheson, PhD](#)
- Coaching the coaches: improving communication between collegiate coaches and athletes at risk for the development of eating disorders: [Jessica Silverman, MA, PsyD](#)

*CME credit not available through AAFP

Track #2

Plaza
Ballroom

Managing Bone Stress Injuries and Treating Compulsive Exercise ▲

- You have a bone stress injury. Now what? Considerations for return to sport and reducing injury risk: [Kristin Popp, PhD](#), [Kristin Whitney, MD](#)
- A targeted model for treating compulsive exercise in individuals with eating disorders: [Rebecca Toutant, MA, RDN, LDN, CDCES, cPT](#)

Track #3

Seaport
Ballroom

Exploring Exercise Physiology in Female Athletes ▲

- The Female Endurance Athlete (FENDURA): exploring some of the missing links in exercise physiology: [Tina Engseth, MSc](#), [Hanne Staff, MSc](#), [Madison Taylor, MSc](#)
- First findings from the women's soccer health study: from head to toe: [Ellen Casey, MD](#)

5:30-7:30pm

Poster Presentations and Networking Night hosted by



Wu Tsai Human
Performance Alliance

#2023FAC

Schedule June 16, 2023

6:00-7:00 am **Fitness Classes**

7:00-7:45 am **Registration**

7:45-8:00 am **Opening Remarks**
Meghan Keating, MPAS, PA-C

8:00-8:45 am **How to Pick Contraception Options for Family Planning and Other Medical Issues- What's a Gal to Do?**
Kathryn Ackerman, MD, MPH, FACSM, Chimsom Oleka, MD, FACOG

8:45-9:30 am **National Women's Soccer League: The Challenges Facing Women Professional Athletes**
Sarah Spain, Cindy Chang, MD, FACSM, FAMSSM Carlin Hudson, Margot Putukian, MD, FACSM, FAMSSM

9:30-10:15 am **Exhibitor Hall/Coffee Break** hosted by  UNITED STATES OLYMPIC & PARALYMPIC COMMITTEE

10:15-11:00 am **USOPC, AIS, UKSI- International Collaborative Approach to Elite Female Athlete Education and Care**
Kathryn Ackerman, MD, MPH, FACSM, Richard Burden, MsC, PhD, Amber Donaldson, DPT, M Physio (Manip), SCS, CSCS, Rachel Harris, OLY, MBBS, FACSEP, IOC Dip Sp Phy

11:00-11:45 am **Keynote** no educational credit offered
Adrienne Haslet

11:45-1:00 pm **Lunch Break**

1:00-2:00 pm **Intersectionality Panel** ▲
Katie Rizzone, MD, Anna Johannes, NiCole Keith, PhD, FACSM, Sherry Levin, Mira Shane

2:05-3:05 pm

Track #1
Lighthouse
Ballroom

The Influence of Virtual Education and Social Media on Female Athletes ▲

- The Female Athlete Science and Translational Research (FASTR) pilot study: [Emily Kraus, MD, Abby McIntyre, BS](#)
- Effects of social media: the good, the bad, and the ugly: [Joe DeLeo, CSCS, MS](#)

Track #2
Plaza
Ballroom

Treating Pelvic Floor Dysfunction and Guiding Postpartum Return to Running ▲

- How to guide return to running after childbirth: an expert consensus: [Rita Deering PT, DPT, PhD, Shefali Christopher, DPT, PhD](#)
- Heavy resistance training and pelvic floor: current evidence and clinical applications: [Christina Prevett, MScPT, PhD\(c\)](#)

Track #3
Seaport
Ballroom

Knowledge of the Female Athlete Triad and Relative Energy Deficiency in Sport in Female Athletes and Evaluating Associations Between Sleep, Heart Rate Variability, Respiratory Rate, and Psychological Resilience Among Female Athletes ▲ ★

- Knowledge of the Female Athlete Triad and Relative Energy Deficiency in Sport in United States National Team gymnasts and coaches: [Tamiel Murray, MS, MSW](#)
- Associations between sleep, heart rate variability, respiratory rate, and psychological resilience among female athletes: [Miriam Rowan, PsyD](#)

Schedule June 16, 2023

3:05-4:05 pm

Track #1
Lighthouse
Ballroom

Race and Sport ▲★
NiCole Keith, PhD, FACSM

Track #2
Plaza
Ballroom

Managing ACL Tears in Female Athletes ▲

- Female athlete ACL injuries: insights on management and surgical outcomes from USA and Australia: [Melissa Christino, MD, Kate Webster, PhD](#)
- Psychological readiness after revision ACL reconstruction is lower in female athletes: a ROAR study: [Magdalena Tarchala, MD, MSc, FRCSC](#)

Track #3
Seaport
Ballroom

Advancing Knowledge of Female Athlete Health and Applying Sports Science to the Treatment of Female Athletes ▲

- Advancing knowledge of female athlete health: the value of mixed methods: [Katherine Lesley Schofield, PhD](#)
- Research, inform, and innovate: a practical discussion of interdisciplinary applications for female athlete sport science: [Sam Moore, MS, Abbie Smith-Ryan, PhD](#)

4:05-5:05 pm

Track #1
Lighthouse
Ballroom

Exploring Retired Elite Female Athletes' Health and Navigating the Transition Out of Sport ▲★

- Beyond the medals: a cross-sectional study exploring retired elite female athletes' health: [Jane Thornton, MD, PhD, OLY](#)
- Female athlete identity: providing psychological and nutritional support for athletic identity transitions: [Maura Donovan, MS, RD, LDN, CPT, BCS, Kelsey Varzeas, Ed.M., CMPC](#)

Track #2
Plaza
Ballroom

Managing Iron Deficiency and Cardiac Issues in Female Athletes ▲

- Cardiovascular issues in female athletes: [Meagan Murphy Wasfy, MD, MPH, FACC](#)
- Iron deficiency in female athletes: [Matthew Heeney, MD, FRCP](#)

Track #3
Seaport
Ballroom

Female Athlete Research and Equipment

- The paradigm shift of sports bras: an essential piece of sporting equipment: [Katie Rizzone, MD, FAAP](#)
- Tales from the coalface of research with female athletes: [Louise Burke, PhD, OAM, FACSM, Alannah McKay, PhD](#)

5:10-5:20 pm

Closing Remarks
[Kathryn Ackerman, MD, MPH, FACSM](#)

★ indicates CE is available for psychologists through MA APA

▲ indicates CE is available for social workers through ACE

Thank you to our Exhibitors!

Olympic Level



Wu Tsai Human
Performance Alliance

#2023FAC

Thank you to our Exhibitors!

Professional Level

**PROJECT
RED—S**



Collegiate Level



See the full list of our exhibitors at
femaleathleteconference.com/2023-exhibitors



Wu Tsai Human
Performance Alliance

#2023FAC



www.femaleathleteconference.com



Wu Tsai Human
Performance Alliance

#2023FAC