

**Cleveland Clinic**

**Presents**

**Inaugural**

**Women's Sports Health Update:  
Fitness, Injury and Bone Health**

**Saturday, February 21, 2009**

Cleveland Clinic Administrative Campus – Building 3, LL-120  
Beachwood, OH 44122





## Overview

New insights in the area of women's health, particularly as it relates to exercise and orthopedics will be highlighted in this one day course. Didactic presentations will be designed to educate providers on the assessment and management of medical problems in athletic and exercising women. Lectures will be used to promote an understanding of the unique problems faced by female athletes. Issues to be addressed include metabolic changes throughout the lifespan, sport-specific injuries and bone and joint health in women.

**Target audience:** Primary Care Physicians, Sports Medicine/Rehabilitation Providers

## Learning Objectives

Upon completion of the activity, the participant will be able to:

- Identify metabolic changes during the female lifespan that may affect training.
- Recognize women's participation in and injuries related to the sport in which they are involved.
- Identify issues concerning female athlete bone health.
- Discuss current knowledge regarding anterior cruciate ligament (ACL) injury in female athletes.

## Course Director

### **Susan M. Joy, M.D.**

Director, Cleveland Clinic Women's Sports Health  
Head Team Physician, Cleveland State University  
Consultant, Cleveland Cavaliers

## Planning Committee

### **Gary Calabrese, P.T.**

Director, Cleveland Clinic Sports Health  
and Orthopedic Rehabilitation

### **Tamara L. Murray, P.T.**

Cleveland Clinic Sports Health and  
Orthopedic Rehabilitation

### **Heather Nettle, M.A.**

Coordinator, Exercise Physiology Services  
Cleveland Clinic Sports Health and Orthopedic  
Rehabilitation



## Faculty

**Gordon Blackburn, PhD**

Program Director of Cardiac Rehabilitation  
Cleveland Clinic Heart and Vascular Institute

**Michele Dierkes, M.P.T., A.T.C.**

Cleveland Clinic Sports Health and Orthopedic  
Rehabilitation

**Elizabeth File, M.D.**

Associate Staff, Cleveland Clinic  
Orthopaedic and Rheumatologic Institute

**Paul Gubanich, M.D.**

Director, Primary Care Sports Medicine Research  
Cleveland Clinic Sports Health

**Scott McLean, PhD**

Assistant Professor, Athletic Training and  
Movement Science  
University of Michigan

**Heather Nettle, M.A.**

Coordinator, Exercise Physiology Services  
Cleveland Clinic Sports Health and Orthopedic  
Rehabilitation

**Richard Parker, M.D.**

Education Director, Cleveland Clinic Sports Health  
Professor of Surgery  
Head Team Physician, Cleveland Cavaliers

**Maureen Pentz, P.T., A.T.C.**

Cleveland Clinic Sports Health and Orthopedic  
Rehabilitation

**Michelle Riccardi, M.S., R.D., C.S.S.D., L.D.**

Board Certified Specialist in Sports Dietetics  
Cleveland Browns Team Sports Dietician

**Ellen Rome, M.D., M.P.H.**

Associate Chief of Staff, Cleveland Clinic  
Section Head of Adolescent Medicine, Department  
of General Pediatrics

**Amory Starkey, M.P.T.**

Cleveland Clinic Sports Health and Orthopedic  
Rehabilitation

**Cleveland Clinic**  
Celebrating 75 Years of Excellence in  
**CONTINUING MEDICAL EDUCATION**



## **Women's Sports Health Update: Fitness, Injury and Bone Health**

### **SATURDAY, February 21, 2009**

#### **Morning Session**

7:30 am

#### **Registration & Refreshments**

8:00 am

#### **Welcome**

#### **Female Athletic Participation and Injury – Where We Are in 2008**

Susan Joy, M.D.

8:15 am

#### **Physiology, Metabolism and Exercise Through the Years**

Heather Nettle, M.A.

8:45 am

#### **Fueling the Active Woman**

Michelle Riccardi, M.S., R.D., C.S.S.D., L.D.

9:15 am

#### **Heart Disease and Exercise**

Gordon Blackburn, Ph.D

9:45 am

#### **Question and Answer**

Panel

9:55 am

#### **Break with Exhibitors**

10:10 am

#### **ACL Injury Risk – What Are We Learning**

Scott McLean, Ph.D



10:40 am

**Strategies of Prevention**

Maureen Pentz, P.T., A.T.C.

11:00 am

**Question and Answer**

Panel

11:10 am

**Surgical Decision - Making About the Woman's Knee**

Richard Parker, M.D.

11:40 am

**Common Orthopaedic Complaints in Women**

Susan Joy, M.D.

12:00 pm

**Question and Answer**

Panel

12:15 pm

**Box Lunch in the Annex**

**Afternoon Session**

1:00 pm

**The Female Athlete Triad**

Ellen Rome, M.D., M.P.H.

1:30 pm

**Osteoporosis**

Elizabeth File, M.D.

2:00 pm

**Exercise and Pregnancy**

Heather Nettle, M.A.



2:20 pm

**Question and Answer**

Panel

2:30 pm

**Break with Exhibitors**

2:45 pm

**Concussion in the Female Athlete**

Paul Gubanich, M.D.

3:05 pm

**Sports Specialization in the Young Female**

Susan Joy, M.D.

3:25 pm

**Overhead Sports and the Throwing Athlete**

Amory Starkey, M.P.T.

3:45 pm

**The Female Runner**

Michele Dierkes, M.P.T., A.T.C.

4:05pm

**Question and Answer**

Panel

4:15 pm

**Wrap-up**

4:30 pm

**Adjourn**



**February 21, 2009**

**Cleveland Clinic Administrative Campus – Building 3, LL-120**

## **GENERAL INFORMATION**

### **Location**

**Cleveland Clinic Administrative Campus – Building 3, LL-120**  
25875 Science Park Drive, Beachwood, OH 44122

### **Information**

Web Address: [www.ccfcmec.org/womenssportshealth08](http://www.ccfcmec.org/womenssportshealth08)

If you have any special needs that require additional assistance, please call us at 216-986-4254. Requests must be received at least two weeks prior to the course.

### **Registration and Cancellation**

Pre-registrations are accepted by fax or online until 2:00 pm EST Monday, February 16, 2009.

In case of cancellation, a full refund will be made if cancelled by January 21, 2009.

After January 21 a \$50 cancellation fee will be deducted from your refund. Written notification of your cancellation is required.

For more information call 216-986-4254 or visit [www.sports-health.org](http://www.sports-health.org)

### **Hotel Accommodations**

Rooms are available for a Preferred Cleveland Clinic rate of \$129.00 + tax until **January 21, 2009**

Homewood Suites by Hilton, 25725 Central Parkway, Beachwood, OH 44122

Please call 216-464-9600 and mention CCF Women's Sports. Must be booked by **January 21, 2009** for this rate.

### **Parking**

Parking is available in the lot at the Administrative Campus and is free.

### **Accreditation**

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this educational activity for a maximum of **7.25 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity may be submitted for American Osteopathic Association Continuing Medical Education credit in Category 2.

This activity has been reviewed and is acceptable for up to **7.25** Prescribed credits by the American Academy of Family Physicians

### **Americans with Disabilities Act**

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Cleveland Clinic Sports Health at 216-986-4254 at least two weeks prior to the activity.



### **Faculty Disclosure**

The Cleveland Clinic Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus

**PRINTED MATERIAL** Each participant will receive a CD containing the complete course syllabus

**REGISTRATION INFORMATION ON NEXT PAGE**

**Women's Sports Health Update: Fitness, Injury and Bone Health  
Course #020522  
February 21, 2009, Cleveland Clinic Administrative Campus**

**REGISTRATION FEES:**

**FEE INCLUDES** syllabus, continental breakfast and box lunch.

**Payment must be received prior to admittance to the course. Purchase orders are not accepted.**

**CCF main campus, family health centers, and CCHS community hospital employees (physicians and non-physicians) should register online at the following web address.**

[www.ccfcmc.org/womenssportshealth08](http://www.ccfcmc.org/womenssportshealth08)

Once you register online, do not mail or fax in a registration form.

- \$195.00 Physician
- \$126.75 Comprecare Affiliate – Member ID#
- \$117.00 Alumnus
- \$150.00 Resident/Fellow/Nurse/Allied Health

Complete the information below if registering by mail or fax.

**PLEASE PRINT**

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Degree: \_\_\_\_\_

Specialty: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

I require a vegetarian lunch

Total amount enclosed or to be charged: \$ \_\_\_\_\_

**Make check payable to:** *The Cleveland Clinic Educational Foundation*

**Or charge the following account:**    Visa    Master Card    American Express    Discover

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

3 Digit Credit Card Identification Number: \_\_\_\_\_

*(on back of card)*

Signature: \_\_\_\_\_

*Not valid without signature*

Fax Number: (216) 445-9406; Mailing address: The Cleveland Clinic Educational Foundation  
PO Box 931653, Cleveland, OH 44193-1082