

Objectives: Female Athletes: Ready For Impact and High Intensity?

At the conclusion of this online course participants will be able to:

1. Articulate the challenges facing female athletes due to unique anatomical, physiologic, and neuromuscular variables, as well as cultural beliefs and mindsets.
2. Distinguish between the demands (speed, endurance, load, impact, etc.) placed on the stability system of a female athlete by different fitness and sport pursuits in order to develop targeted treatment strategies to meet those demands.
3. Discuss the evidence demonstrating the link between the central stability and pelvic health systems to broaden practitioner theoretical understanding of intervention strategies that simultaneously impact both systems.
4. Recognize the relevance of pelvic health considerations to musculoskeletal and performance issues in orthopedic and sports medicine clinical settings.
5. Develop clinical strategies that access the anticipatory postural control system through breath mechanics interventions, muscular recruitment order, pelvic floor integration, alignment support, and intra-abdominal pressure management to promote continence, prolapse and diastasis management within fitness activities.
6. Learn to monitor, cue, and modify function and fitness form and strategies to facilitate impact attenuation, manage intra-abdominal, and promote proximal hip control in order to simultaneously optimize pelvic and musculoskeletal health and performance.