

The Female Athlete



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This course is 15.0 contact hours/1.5 CEUs

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An Evidence-Based Course

Presented by
**Brian Lawler, MS, PT, OCS,
ATC, CSCS, PES**

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**PT, PTA and ATC -
Continuing Education Course**

Day One

7:30	8:00	Registration
8:00	8:45	Gender differences between women and men • Muscle and strength • Body composition • Flexibility and proprioception • Cardiovascular • Biomechanics
8:45	9:15	Postural considerations • Common postural problems in women • Effects of high heels, breast size, hand bags on posture • Correcting postural deficits
9:15	10:30	Gender specific injuries and rehabilitation • Neck • Shoulder • TOS and nerve entrapments • Elbow • Wrist • Spine • Hip • Knee • Foot-ankle
10:30	10:45	Break
10:45	11:15	Psychological/coaching considerations • Differences in world view between men and women • Motivating the female athlete/ client • Building self esteem and confidence
11:15	12:15	ACL injuries: Why so many injuries? • Incidence and mechanisms of injuries • Non-modifiable and modifiable risk factors for ACL tears • Screening tools: identifying athletes who are most at risk
12:15	1:15	Lunch (on your own)
1:15	2:15	Successful ACL injury prevention programs • Components of successful programs: what works and what doesn't • Sportsmetrics • PEP program • Creating your own program
2:15	3:15	Strength training in the female athlete • Increasing strength without getting big • Exercises that every female athlete should perform • Program design and exercise progressions
3:15	3:30	Break
3:30	4:00	Lab Session I • Knee dominant exercises • Hip dominant exercises • Gluteus medius strengthening
4:00	4:30	Deceleration Training • Forward and lateral deceleration • Jumping and hopping • Cutting
4:30	5:30	Lab Session II • Agility Ladder drills • Jumping and hopping drills • Forward deceleration, lateral deceleration, and cutting drills

Day Two

8:00	8:45	Body Image and composition • Weight loss myths • Most effective exercises for weight loss • Losing abdominal fat, toning the buttocks, and other common goals of women
8:45	9:45	Nutritional concerns • Dispelling fat loss myths • Diets and their effectiveness in weight loss • Proper nutrition and healthy eating • Determining total caloric needs • Nutritional differences between women and men
9:45	10:15	Female athlete triad syndrome • Eating disorders • Amenorrhea • Osteopenia
10:15	10:30	Break
10:30	11:30	Core training • Testing core strength • Most effective exercises to strengthen the core • Exercise regressions and progressions
11:30	12:30	Lab session III • Body weight and resistance band training • Core training
12:30	1:30	Lunch (on your own)
1:30	2:30	Pregnancy • Physiologic changes during pregnancy • Exercise during pregnancy • Common orthopedic problems and their treatment • Pelvic floor dysfunction • Return to activity post partum
2:30	3:30	Osteoporosis • Basic pathophysiology and risk factors • Increasing bone density • Exercise and bone strength
3:30	4:15	Cash based programs for women • Mommy and me • Bridal boot camp • Fat loss boot camps • Bone building boot camps



About the Educator

Brian Lawler, MS, PT, OCS, ATC, CSCS, PES is co-owner of Asheville Physical Therapy in Asheville, NC. He obtained a Master of Science degree in Physical Therapy from Duke University in 1993 and is board certified in orthopedics. He also has a Master of Science degree in Exercise Science and Health Promotion with a concentration in performance enhancement and injury prevention from California University of Pennsylvania. He is a certified athletic trainer with NATA, a certified strength and conditioning specialist with NSCA, and a performance enhancement specialist with NASM.

Brian’s passion is helping patients and athletes to achieve their goals and to achieve their dreams. He has a special interest in working with female athletes as they often have received inadequate training and make remarkable improvements that will profoundly impact the performance and health of the athlete. At his clinic, Brian routinely provides pre-season ACL injury prevention programs for young female athletes. He also offers other cash-based programs that address the specific needs of women.

Why You Should Attend This Course

Do you understand the unique concerns of female athletes? How much do you really know about women’s unique physiology, exercise and health concerns? Do your rehabilitation and treatment strategies differ when working with female patients?

This two-day intermediate level course is designed to help you understand the specific needs of female athletes. It is intended for physical therapists, physical therapy assistants, athletic trainers, personal trainers, sport coaches, or other professionals who routinely work with women.

At the conclusion of the course, you will have a good understanding of the unique physiological and psychological differences between men and women. You will learn how the incidence and types of injuries differ between men and women, including concussions, neck pain, shoulder instability, thoracic outlet syndrome and other nerve entrapments, lumbar spondylolisthesis, sacroiliac dysfunction, trochanteric bursitis, patellofemoral disorders, stress fractures and overuse injuries. In particular, ACL injuries will be discussed in great detail as this injury has been studied in greater depth than any other sports injury. You will learn the most important exercises and drills that female athletes should perform to improve athletic performance and to prevent against injury. You will better understand important health issues that will affect female athletes throughout her lifetime including body image, nutrition, pregnancy and bone health.

Beginning through advanced training techniques will be discussed in this course. Previous experience with these concepts is not necessary prior to attending this course. Active participation is encouraged during the lab sessions to help in understanding the concepts but is not required. All participants will receive a comprehensive manual that summarizes the information provided in the lectures. Research support and a list of references will be included.

Course Objectives

Upon completion of this course, participants will be able to:

- Understand the unique physiological and psychological differences between men and women so as to develop more effective treatment strategies and to achieve better outcomes.
- Recognize and effectively treat orthopedic problems that are commonly found in female athletes.
- Understand the risk factors that place female athletes at greater risk for tearing their ACL’s and to develop an ACL injury prevention training program that can be applied to your unique clinical setting.
- Teach the most important exercises to address commonly found deficits in female athletes regarding posture, strength, flexibility, core stability and movement biomechanics.
- Understand proper nutrition practices for women so that you can educate your patients on weight loss myths and to assist them in developing healthy eating habits for a life-time.
- Instruct women in safe exercise and activity guidelines during and after pregnancy.
- Educate women on how to improve their bone health through healthy eating and exercise.
- Implement cash based programs that address some of the common concerns of women.

Registration Form

Female Athlete

Course Tuition: \$



Send tuition to: North American Seminars, Inc.
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