

Rehabilitation Concerns for the Female Athlete

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2005 SPTS Home Study Course

LEARNING OBJECTIVES

Upon completion of this course, the participant will be able to:

1. Identify the components of the female athlete triad and develop an understanding of the interdependent relationship between these components to enable participation in identification, prevention and appropriate treatment as a member of a multi-disciplinary team.
2. Develop an understanding of the common orthopedic issues for the female athlete throughout the lifespan.
3. Based on the common mechanisms and basic science principles of common orthopedic issues, develop a base knowledge to provide for the development of solid rehabilitation principles to return the female athlete to her sport.
4. Gain understanding of the sports pre-participation screening process including the special considerations of the female athlete.
5. Utilize the knowledge of sports pre-participation screening process to implement, develop and complete the process in your practice environment.
6. Attain an understanding of the principles of core stabilization with special considerations for the female athlete.
7. Use this core stabilization knowledge to develop a core stabilization program for injury prevention, rehabilitation and return to sport.
8. Understand the mechanism of injury, intrinsic and extrinsic factors for anterior cruciate ligament injuries in various sports.
9. Attain an understanding of the ACL Prevention research protocols that have been developed and how successful these programs have been used in the reduction of ACL injury in the female athletic population.
10. Apply the basic knowledge of ACL mechanism of injury, risk factors and rehabilitation principles to implement an injury prevention program in your practice environment utilizing the example of a basketball sporting environment.