
Learning Objectives

MedBridge Inc.

The Female Athlete Triad

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Course Objectives:

Following completion of this preparatory module, the participant will be able to:

- Identify the components of the female athlete triad and describe the spectrum of interdependent relationships between these components
- Participate in identification, prevention and appropriate management of the female athlete triad as a member of a multi-disciplinary team
- Develop a network of informational and referral sources for appropriate management of aspects of the female athlete triad beyond the expertise of the physical therapist (www.femaleathletetriad.org; www.scandpg.org)
- Describe physiologic considerations related to exercise in the pregnant, physically active female
- Develop safe and effective exercise prescriptions for the pregnant, physically active female
- Utilize the awareness of gender differences in the management of the female athlete with orthopedic pathology or injury
- Describe methods to determine return to sport readiness and “build the female athlete” for sport participation, including jump assessment and training, functional movement competency, appropriate strengthening of the core and extremities, and power training