



Women's Sports Medicine *Program*

The Froedtert & The Medical College of Wisconsin Sports Medicine Center

The Sports Medicine Center is a leading provider of comprehensive sports-based programs to treat and prevent injury, aid recovery and enhance performance. An experienced and dedicated team of physical medicine and rehabilitation [physicians, orthopaedic surgeons, nurses, dietitians, certified athletic trainers, physical therapists and sports counselors help athletes in all sports not only stay at the top of their form, but realize their full athletic potential.

Our full range of specialized programs – including leading-edge diagnostic and rehabilitation service – benefit all athletes at all levels, from amateurs to professionals.

Additionally, we utilize the latest equipment and treatment techniques, such as a motion analysis system and Biodex, to help athletes attain full recovery and optimal performance.

The Sports Medicine Center provides sports medicine services to professional athletes throughout Wisconsin and the United States, and is proud to be the official provider for many area teams and organizations, including high schools, colleges and professional teams.

To schedule an appointment with a Women's Sports Medicine specialist, call **1-800-DOCTORS**, or learn more at froedtert.com.



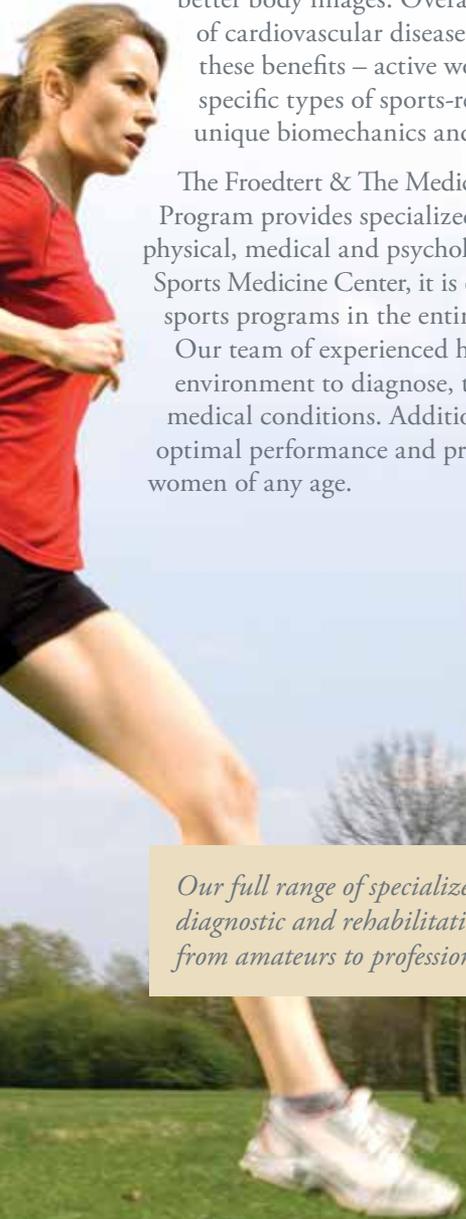
Dedicated to the Unique Issues of the Female Athlete

During the past 25 years, the number of women participating in sports and fitness programs has grown considerably. Today, nearly four million girls compete in high school and college athletics. And nationwide, it is estimated that more than 55 million women are involved in recreational and competitive sports. This increased level of activity has many profound and far-reaching benefits. Active women experience a reduced rate of depression and have better body images. Overall fitness contributes to a lower incidence of cardiovascular disease, obesity and osteoporosis. Yet – despite these benefits – active women are also at a greater risk of experiencing specific types of sports-related injuries and conditions due to the unique biomechanics and hormones of the female body.

The Froedtert & The Medical College Women's Sports Medicine Program provides specialized care for female athletes and the unique physical, medical and psychological issues they face. A sub-specialty of the Sports Medicine Center, it is one of only a few comprehensive female-focused sports programs in the entire country and the only one in the Midwest.

Our team of experienced healthcare specialists work in a multidisciplinary environment to diagnose, treat and prevent sports-related injury and medical conditions. Additionally, our specialized approach encourages optimal performance and promotes a physically active lifestyle for all women of any age.

Our full range of specialized programs – including leading-edge diagnostic and rehabilitation service – benefit all athletes at all levels, from amateurs to professionals.





A Team Focused on Active and Athletic Women

As a multidisciplinary, comprehensive program, our goal is to keep professional, high school and collegiate, and recreational athletes healthy. This holistic approach requires a unique team of healthcare professionals experienced in a wide range of specialties. Members of our team include:

- Physical medicine and rehabilitation physicians
- Orthopaedic surgeons
- Family Practice physicians
- Internal medicine physicians
- Dietitians
- Athletic trainers
- Physical therapists
- Nurses
- Sports psychologists

Areas of focus for this multidisciplinary team include:

- Stress fractures, fractures and dislocations
- Muscle, tendon and ligament injuries
- Overuse injuries
- Injuries to the shoulder, knee, hip, elbow, ankle, back and neck
- Female athlete triad (disordered eating, amenorrhea, osteoporosis)
- Exercise-related medical problems (i.e. asthma and anemia)
- Exercise-related menstrual irregularities
- Premenopausal osteopenia/osteoporosis
- Disordered eating and dietary deficiencies
- Pregnant athletes
- ACL prevention programs
- Minimally invasive arthroscopic surgery

Research Leaders

The Women's Sports Medicine Program also plays an important role in sports research. The program is a leader in the study of the Female Athlete Triad, an interrelated condition of disordered eating, amenorrhea (lack of menstrual periods) and osteoporosis (bone loss). In addition to examining factors that contribute to the development of the syndrome, as well as treatment methods, recent studies have found that women with the Triad also have evidence of a new fourth component, premature heart disease. Other major studies consist of determining the prevalence of the Triad at all local girls' high schools and with the Milwaukee Ballet.

Additionally, program researchers have contributed to a number of studies related to exercise physiology and biomechanics. Recently, program staff participated in a project that identified the treadmill as the best indoor exercise machine for burning calories. A current study is underway examining injury patterns and risk factors in female high school athletes. Other research studies are focusing on the value of a camera-based, motion analysis system in examining upper body throwing and swinging action.

Comprehensive Screening, Diagnosis and Treatment

Whether seeking injury treatment or medical care for sports-related conditions, all active women benefit from our leading-edge diagnostic capabilities. Extensive screening questionnaires, unique to female athletes, and medical histories enable us to identify potential at-risk lifestyle behaviors and exercise patterns. Additionally, information derived from in-depth testing — using the latest tools and techniques including electrodiagnostic evaluation and scientific metabolic assessment — allow us to accurately prescribe successful treatment options.

Exceptional Partners

The Women's Sports Medicine Program has partnered with several area high schools and colleges including Divine Savior Holy Angels, Milwaukee Lutheran, Pius XI, Wisconsin Lutheran; Lefleurs gymnastics, soccer clubs, Irish dancers and other sports and performance organizations to deliver world-class care to their female athletes.

A Wide Range of Services

In addition to offering a broad range of diagnostic and treatment options for sports-related injury and medical conditions, the Women's Sports Medicine Program offers a variety of specialized services to aid recovery, optimize performance and promote general health and fitness.

Exceptional Physicians

The Froedtert & The Medical College Women's Sports Medicine Program is staffed by some of the leading sports medicine specialty-trained physicians and orthopaedic surgeons in the country. Board-certified and fellowship trained, these exceptional physicians are highly specialized in the unique needs of the female athlete.



Care Coordination

A specialized nurse familiar with the unique medical, dietary and biomechanical factors of female athletes provides preventative and treatment consultations for all female athletes.

Physical Therapy

Physical therapists skilled in the treatment of sports injury and up-to-date on unique issues in women, provide expert evaluation and develop exercise programs to get athletes back in shape and back in their game.



Injury Prevention and Performance Enhancement

Women athletes are at a greater risk of experiencing a variety of musculoskeletal injuries including ACL tears, patellofemoral pain (knee cap pain), stress fractures, shoulder problems and foot deformities. As a preventative measure, we offer exercise and evaluation programs designed to match individual needs. Our comprehensive ACL Injury Prevention Program promotes overall knee health while the Performance Enhancement Program (PEP) addresses injury prevention in general and optimal performance.



VO2 testing

Nutrition

Dietitians provide a thorough evaluation of eating habits and provide guidance to help athletes make healthy food choices that furnish optimal fuel for exercise. Our trained staff will also address individual requirements such as training diets, weight reduction and muscle gain, recovery meals and disordered eating. Body composition testing is also available.

Osteoporosis

Bone health is an area of concern specific to women and particularly to the female athlete. Our comprehensive prevention and treatment approach screens for at-risk athletes and utilizes state-of-the-art DEXA scanning for early diagnosis of osteopenia/osteoporosis.

Sports Psychology

Skilled counselors provide guidance in handling sports-specific issues such as performance anxiety, stress, time management and disordered eating.

The Pregnant Athlete

Pregnant athletes experience unique musculoskeletal injuries. We recognize and treat these conditions in a comprehensive manner. We also advise mothers-to-be on how to maintain activity and nutrition throughout their pregnancies, while our specially designed pre- and post-partum exercise programs benefit both mother and baby. We also offer a “Get Your Belly Back” core and hip strengthening program for new mothers who want to return to their prior level of fitness.





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1-800-DOCTORS

froedtert.com/sports