



Sydney

May 13, 2022

# Paving the best way forward for the female athlete.



Presented by



THE PHYSIOTHERAPY CLINIC



**OPTIMA**  
Female Performance

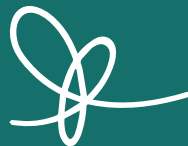


SPORTS  
MEDICINE



KATE LESLIE  
PHYSIOTHERAPY

One day of sharing knowledge, research & clinical insights that will empower sports physicians, physiotherapists, strength & conditioning coaches, exercise physiologists, players and coaches to better understand the physical needs of the female athlete.



THE PHYSIOTHERAPY CLINIC

Questions for the presenters today?  
Scan the QR code to use our online questions platform Slido.



9am

Welcome by  
**Joelene Murdoch**

9:10am

Open w/ **Kate Mahony**

- Optimising female athlete health & performance: A rising tide - Kate Mahony

9:40am

SUI Think Tank  
Chair: **Dr. Brandi Cole**

- The statistics of SUI in nulliparous elite female athletes - Eliza Bernardi
- How we maintain continence under load - Taryn Hallam
- Possible mechanisms of SUI in the elite female athlete, inside the pelvis - Joelene Murdoch
- The role of thorax and the foot in SUI in elite female athletes - Kate Leslie
- Urinary incontinence in the female athlete - Are we helping? - Jodie Dakic

Morning Tea w/ Jana

- Q & A with Jana Pittman 11:20am

12:00pm

Pregnancy & Post Partum  
Rehabilitation for the Elite  
Female Athlete  
Chair: **Eliza Bernardi**

- Dana Stephensen to share her story - Australian Ballet
- Exercise in pregnancy, the recommendations for the elite female athlete - Dr. Melanie Hayman
- Post partum considerations for the athletic woman - Lori Forner
- The AIS Mum-Alete Survey, what we have learnt- Hannah Buckling & Dr. Victoria Forsdick

Networking Lunch Break

- Q & A with Emily Keenan - Sydney Swifts 1:40pm

2:40pm

Menstrual Cycle Panel  
discussion  
Moderator: **Tamara Woods**

- Menstrual Cycle & Performance, The influence of the oral contraceptive pill, and the impact of RED-s with experts - Associate Professor Clare Minahan & Dr. Brandi Cole
- The Female Athlete Network - connecting athletes on the right path to wellbeing - Emily Shears

3:40pm

What are we implementing  
now towards improving  
female athlete health  
Chair: **Kate Leslie**

- OPTIMA - Paving the way towards fusing women's health and sports physiotherapy - Jess Cunningham & Kay Robinson
- The AIS Female Performance & Health Initiative - Dr Rachel Harris

Close by Joelene Murdoch

4:50pm