

UConn Institute for Sports Medicine & UConn Health Women's Center for Motion and Performance 2025 Annual Conference

EmpowerHER: Elevating Performance & Care in Female Athletes

Date: September 12, 2025

People's Bank Arena (Formerly XL Center), 3rd Floor, 229 Trumbull Street, Hartford, CT

**Session order subject to change*

8:00-8:30	Registration & Check In
8:30-8:40	Welcome: Cory Edgar MD (Co-Director of UConn ISM), Katherine Coyner MD, MBA & Allison Schafer DO (Co-Directors of Women's Center for Motion and Performance)
8:45-9:05	Keynote Lecture
8:45-9:05	Keynote Speaker: Dr. Leah Brown MD Optimizing Female Athlete Care: Navigating the Nuances around Representation in the workforce, leadership and research
9:10-10:20	Session 1-Reducing the Risk of Musculoskeletal Injuries in the Female Athlete: Moderator: Katherine Coyner, MD, MBA
	Allison Crepeau MD Pediatric and Adolescent Female Athletes: Addressing the unique orthopedic challenges and considerations for young female athletes, including growth-related issues and injury prevention.
9:20-9:30:	Lindsay DiStefano PhD, ATC, Injury Prevention Strategies: Focusing on training and preventive measures specifically tailored for female athletes to reduce the risk of common orthopedic injuries such as ACL tears
9:30-9:40	Jennifer Fields PhD. Nutrition and Orthopedic Health in Female Athletes: Highlighting the importance of nutrition in maintaining musculoskeletal health, with a focus on specific needs and challenges faced by female athletes.
9:40-9:50	Andrea Hudy PhD Tailoring Strength and Conditioning Programs for Female Athletes: Discussing the design and implementation of strength and conditioning programs that are specifically tailored to the physiological and biomechanical characteristics of female athletes.
9:50-10:20	Panel discussion and Q & A- all speakers Focus: Bridging the Gender Gap in Sports Medicine Research: A panel discussion focusing on the gender disparities in

	sports medicine research and how to address these gaps to improve care for female athletes.
10:20-10:35	Break & Networking
10:35-11:30	Session 2- Musculoskeletal Health in Female Athletes: Injury, Recovery, and Lifelong Performance Moderator: Cory Edgar MD, PhD
10:35-10:45	Katherine Coyner, MD, MBA Advances in surgical and rehabilitative approaches to optimize recovery and return-to-sport outcomes for female athletes after ACL injury and reconstruction.
10:45-10:55	Cory Edgar MD, PhD Managing Patellofemoral Instability in Female Athletes: Surgical vs. Non-Surgical Approach
10:55-11:05	Jo Hannafin MD, PhD Discussing adhesive capsulitis in female athletes and implications for recovery
11:05-11:15	Allison Schafer, DO The Midlife Athlete: Navigating Menopause and Musculoskeletal Health
11:15-11:30	Panel Discussion
11:30-12:15	LUNCH
12:20-12:40	Keynote Lecture- Moderator: Katherine Coyner, MD, MBA
	Keynote Speaker: Leah Brown, MD Postpartum Return to Sport: Considerations for the Female Athlete
1:00-2:00	Session 3: Beyond the Game: Navigating Injury, Mindset, and Recovery in Female Athletes Moderator: Allison Schafer, DO
1:00-1:10	Stephanie Alessi-LaRosa, MD Understanding and Managing Concussions in Female Athletes: Addressing the specific considerations in the diagnosis, management, and prevention of concussions in female athletes, including differences in symptoms and recovery patterns compared to males.
1:10-1:20	Jessica Silverman PsyD Relative Energy Deficiency in Sport: What it is, how to spot it, and how it needs to be prioritized from psychology to medical when treating the female athlete
1:20-1:40	Stephania Bell, PT, OCS, CSCS Breaking Barriers in Sports Medicine and Broadcasting: Lessons from the Sidelines

1:40-2:00	Panel Discussion
2:00-2:15	Wrap up and Closing Remarks and Final Networking Cory Edgar MD, Katherine Coyner MD, Allison Schafer DO