

# Women's Sports Medicine Program

## About the Sports Medicine Center

The Froedtert & The Medical College of Wisconsin Sports Medicine Center is a leading provider of comprehensive sports-based programs to treat and prevent injury, aid recovery and enhance performance. Professional athletes from throughout Wisconsin and the United States turn to us for our specialized services, state-of-the-art equipment and treatments — and outstanding care.

## Dedicated to Female Athletes

The Women's Sports Medicine Program, part of the Sports Medicine Center, is one of only a few comprehensive female-focused sports program in country and the only one in the Midwest. The Program offers a variety of specialized services to aid recovery, optimize performance and promote general health and fitness.

The Program provides specialized care for female athletes, addressing the unique physical, medical and psychological issues they face. Services include:

- Physical therapy
- Injury Prevention and Performance Enhancement (Anterior Cruciate Ligament Injury Prevention Program and Performance and Enhancement Program)
- Nutritional support (evaluation of eating habits, in making healthy food choices, training diets, weight reduction and muscle gain, recovery meals and disordered eating)
- Osteoporosis prevention and treatment
- Sports psychology
- Meeting the special needs of the pregnant athlete

Our medical staff diagnoses and treats many injuries of female athletes, including:

- Stress fractures, fractures and dislocations
- Muscle, tendon and ligament injuries
- Overuse injuries
- Injuries to shoulder, knee, hip, elbow, ankle, back and neck
- Female triad (disordered eating, amenorrhea, osteoporosis)
- Exercise-related medical problems (asthma and anemia)
- Exercise-related menstrual irregularities
- Premenopausal osteopenia/osteoporosis

## Experienced Team

Our exceptional team members — sports medicine physicians, physical therapists, athletic trainers, dietitians and support staff — offer personalized, goal-oriented care and patient education.

## Contact Us

To schedule an appointment with the Women's Sports Medicine Program at Froedtert & The Medical College of Wisconsin, please call **414-805-3666** or **800-272-3666**.