



get to know

the center for the female athlete



why

the center for the female athlete?

The center for the female athlete will empower young female athletes to nurture the best version of themselves. We will focus on delivering a comprehensive program that is unique to the female athlete and the changes she faces in her athletic and personal life. Her experience is individual to her and will be shaped by interactions with us, both digitally and in person. We will create a holistic approach to her care while focusing on exercise habits, hormonal balance, nutrition and counseling support to enable optimal health and teach her healthy habits. We will equip her with the tools she needs to be her unique self. This program will be focused on the female athlete as a whole person. ***Her takeaway: I have the power.***

what

is the center for the female athlete?

The center for the female athlete is led by a group of physicians, specialists, dietitians, and athletic trainers dedicated to the current and future health and wellness of the female athlete.

Caring for young female athletes provides an underrepresented opportunity to focus on total wellness and access to many clinical tools for helping young, active, teen girls develop a foundation for health and wellness now and for many years to come.

Girls who enter the center for the female athlete will participate in an integrated care model that assesses them holistically.

This program is not focused solely on performance or injury recovery and prevention, but rather on the total wellness of the young female athlete and the unique situations that affect the female athlete.

who

should be referred to the center for the female athlete?

We see patients ages 13-18 for a variety of conditions such as:

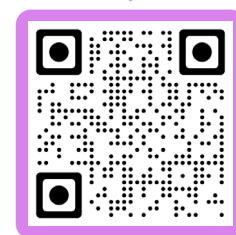
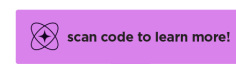
- Nutritional concerns
- Sport specific injury prevention
- Bone health and bone density testing
- Risk assessment for the RED-S female athlete triad
- Mental health screening
- Performance anxiety/body image issues
- Recurrent injuries

how

can I learn more about it?

For all the information you need about the center for the female athlete, visit:

childrensdayton.org/centerforthefemaleathlete





providers

Female athletes will be seen by a team of talented providers dedicated to her total wellness.



Lora Scott, MD
Sports Medicine Physician



Sarah Steward, MD
Orthopedic Surgeon



**Linh-Han Ikehara, MSW,
LISW-S**
Behavioral Health Therapist



Jamie Broz, MEd, ATC
Manager



Rachael Botta, DPT
Physical Therapist



**Maria Scavuzzo, MS,
RDN, LD**
Dietitian



Nicoline Elkins
Athletic Trainer

where

will the appointment be?

We offer several locations for rehab and clinical services

South Campus

3333 West Tech Road
Miamisburg, Ohio 45342

Main Campus

One Children's Plaza
Dayton, Ohio 45404

Beavercreek

1425 North Fairfield Rd. Suite 100
Beavercreek, Ohio 45432
(Therapy only)

Huber Heights

8501 Old Troy Pike
Huber Heights, Ohio 45424
(Therapy only)

Troy

865 West Market Street
Troy, Ohio 45373
(Therapy only)

