

Appendix

A detailed description of the structure and development of a multidisciplinary Women's Sports Medicine Program at our institution is provided below.

Program Structure

The program enlists 1 to 2 providers from each division represented, who serve as the clinical, research, and educational representatives for the program. The responsibilities of individual members include attendance at quarterly meetings, participation in a virtual multidisciplinary clinic to support the coordinated clinical care of female athletes who are referred to our program, research collaborations within the group focused on Women's Sports Medicine, and participation in educational outreach activities in academic and community-based venues. The program incorporates a team science approach to conducting collaborative research, with open discussion of research findings promoting multidisciplinary perspectives that are applied to the context of clinical conditions affecting female athletes.

Program Staff

Currently, the program consists of 20 faculty members representing 9 divisions and departments, including the following: orthopaedic sports medicine, primary care sports medicine, general internal medicine, endocrinology, maternal fetal medicine, psychiatry, physical therapy, athletic training, and musculoskeletal radiology.

The program has 1 administrator, who coordinates the program schedule and educational events in a part-time capacity. The program enlists a development officer through the department, who assists in programmatic outreach in a part-time capacity and collaborates with the development officers from other departments for a coordinated effort, including assistance with applications for grants that serve to fund the costs of running the program. A gift account within the university is dedicated specifically to this program, to which patients and individuals can contribute.

Education

We provide several educational programs within and outside the framework of our university medical system. The program offers a 1-month senior elective in women's sports medicine, which includes a clinical rotation on sex-based care that involves clinic time in sports medicine, primary care sports medicine, the operating room, musculoskeletal radiology, and physical therapy. The program also offers a similar 2-week elective within the Department of Gynecology and Obstetrics in which medical students on their obstetrics rotation can opt to rotate in a program designed similarly to the above rotation. Additionally, we offer a Summer Internship program, which is a funded 1-month program for premedical students.

Specialty Programs

Programs within the Women's Sports Medicine Program include multidisciplinary subset groups highlighting a specific area of focus, such as the Pregnancy & Sports Medicine Program, Eating Disorders Program, Dance Medicine Program, and ACL Injury Prevention Program. Each program enlists specific providers within this group who participate in focused research projects on the topic as well as in outreach and education projects focused on the target communities.

For example, the ACL Prevention Program is an education and outreach-based program that includes neuromuscular training by athletic trainers and physical therapists at local schools. Such training sessions can be scheduled for individual athletes through physical therapy visits or in a group setting in which local girls' schools are visited and provided with education on ACL injury and prevention through a didactic session and a brief neuromuscular training overview for students and coaches.