

PRESIDENT'S MESSAGE

Frank DiLiberto, PT, PhD

GREETINGS FASIG MEMBERS!

Thank you to all of you who placed votes for the open Vice President and Nominating Committee member FASIG leadership positions. Results will be forthcoming, but a big thank you to Jeff Houck, PT, PhD for his service as Vice President, and to Ed Jones, PT, DHSc, OCS for his service as a Nominating Committee member, and most recently as the Chair who led the organization of the most recent slate of FASIG leadership candidates.

Our Combined Sections Meeting in San Diego, CA, is right around the corner and I hope to see many of you there. I would like to draw your attention to our membership meeting and excellent foot and ankle programming.

FRIDAY, FEBRUARY 24TH

6:30 a.m. – 7:15 a.m. FASIG Membership Meeting

Come to network with your fellow foot and ankle physical therapists, hear an update on all FASIG initiatives, and potentially consider becoming more involved in moving foot and ankle care forward. Does it make it easier to wake up early if I say that we will have FASIG socks available? If you are unable to attend, we will host a virtual membership meeting shortly after CSM.

8:00a.m.–10:00a.m. (OR-14077) Educational Session: Person-Specific Care for Individuals with Foot and

Ankle Dysfunction: A Roadmap Beyond Localized Tissue Damage

11:00a.m.–1:00p.m. (OR-14325) Tarsal Therapeutics: Remedies for Troubled Feet

We also have a stellar line up of foot and ankle platform presentations, most of which can be attended on Saturday, February 25, 11:00 a.m. – 1:00 p.m. (OR-15260 Orthopaedics Platform Session 7) and 3:00 p.m. – 5:00 p.m. (OR-15261 Orthopaedics Platform Session 8), in addition to poster presentations during the conference.

ADDITIONAL NEWS

Be sure to check out the newest FASIG Infographic: Metatarsalgia (PT and Patient versions). Thank you to our Practice Chair, Ashley Waite PT, DPT and Stephanie Albin PT, DPT, PhD, OCS, FAAOMPT for leading this effort. Be on the lookout for additional Infographics, such as Achilles Tendinopathy, Athletic Footwear, and Foot Screening for people with diabetes mellitus, in the coming months. If you have an idea for an infographic or would like to help in generating one, please reach out to the FASIG leadership.

Stay tuned for a new FASIG Quarterly Newsletter under the direction of our Student Mentorship Chair, Hayley Powell DPT, ATC, and her new student team members.

*See you soon,
Frank*

Rehabilitation Considerations for the Pediatric and Adolescent Female Athlete

Christy Zwolski, PT, DPT, PhD, OCS

DID YOU KNOW?

Adolescent female athletes undergo many physical and physiological changes that can affect injury risk:

- Growth spurt
- Body weight gain
- Ossification of growth plates
- Accrual of bone mass
- Slowing of muscle mass accrual
- Increase in estrogen, growth hormone, and IGF-1
- Increased joint mobility
- Slowing of strength gains
- Alterations in landing mechanics

The 2 years before onset of menses and 2 years after onset are a **critical** window for accruing bone mass

Exercise Circuit for Improving Bone Mass

- Jump rope
- Push-ups
- Tuck jumps
- Stationary lunges
- Box jumps
- Sidestepping with bands



Injury prevention strategies for young female athletes:

- Incorporate a proper warm-up and cool-down during practices and individual training sessions
- Include strength training and stretching within training program
- Wear properly fitted protective equipment, including helmets, pads, shoes, and mouth guards
- Do not increase training activity, load, mileage, or pace by more than 10% per week
- Training hours per week should not exceed age (ex: a 12-year-old female should not train more than 12 hours/week)
- Weekly organized sports hours to free play hours should not exceed 2:1
- Play different positions and sports throughout the year

Fundamental movement skills to master by onset of adolescence:

- A. Athletic stance
- B. Squat
- C. Single limb squat
- D. Hinge
- E. Landing

