

## 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.***

# get to know

## The Center for the Female Athlete

### 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 11-22 for a variety of conditions such as:

- Nutritional concerns
- Sport specific injury prevention
- Bone health and bone density testing
- Risk assessment for the REDS female athlete triad
- Mental health screening
- Performance anxiety/mental block
- Recurrent injuries

### how

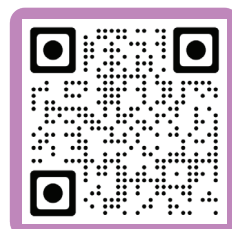
#### can I learn more about it?

For all the information you need about the Center for the Female Athlete, visit:

**[childrensdayton.org/centerforthefemaleathlete](https://childrensdayton.org/centerforthefemaleathlete)**



scan code to learn more!





# 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*



**Carla Bridges, MD**  
*Orthopedic Surgeon*



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



**Jamie Broz, MEd, ATC**  
*Manager*



**Maria Brumfield,  
MS, RDN, LD**  
*Dietitian*



**Megan Christoffel,  
PT, DPT**  
*Physical Therapist*



**Karly Steenbock,  
MS, AT, ATC**  
*Athletic Trainer*



## where

### will the appointment be?

**South Campus**  
3333 West Tech Road  
Miamisburg, Ohio 45342

The Center for the Female Athlete is a specialized clinic that sees patients twice a week at the south campus in Springboro.

The initial appointment includes goal setting and a full evaluation with each focus area — injury prevention, behavioral health, nutrition and sports medicine. From there, the team works with each athlete one-on-one to achieve their personal goal. Whether it's recovering from an injury, overcoming anxiety before competition or learning how to fuel your body to perform at its best, the program offers a personalized pathway for each athlete.