



running

the center for the female athlete

Who runs the world? Girls!

The Center for the Female Athlete at Dayton Children's Hospital exists to empower our female athletes to nurture the best version of themselves. Our goal is to treat the whole athlete, not just their injury. We get what it takes to be a female athlete. We've run, walked and trained in their shoes. Our all-female-led team of physicians, behavioral health specialists, nutritionists and athletic trainers are former athletes and were intentionally selected to provide comprehensive, wraparound care for our female athletes.

We know that female runners face unique challenges in their sport. Running takes stamina, athleticism and mental strength. We're here to address the physical, emotional and nutritional demands that your sport requires and help you reach and achieve your individualized goal.

Running risks

Runners are at risk for overuse injuries from increasing mileage too quickly. The Center for the Female Athlete uses a 1-2-3 pain scale for patients to decide when to get injuries checked

- 0 - no pain
- 1 - pain which does not affect speed/gait (no limping). It is okay to keep going, but get it checked out if symptoms do not improve in 1-2 weeks.
- 2 - pain which affects speed/gait. Take a break. Return when pain improves, but get it checked out if it does not improve in 1-2 weeks.
- 3 - pain which stops you from running, please get it checked out right away.

Fueling your run 🍀

It is important to fuel your run before your feet hit the pavement. Quick snack options can be eaten on the go and may be all you need prior to running. Examples include a granola bar, applesauce or a banana. Running on empty can make us feel tired, which takes the fun out of the run and it can negatively affect the training plan. Be sure to test out your pre-run snack on practice days. It is a good idea to not try anything new on race days. Know what feels right for you to race at your best and be ready to re-fuel!

our all female team

Solely run by an all female team, The Center for the Female Athlete prides itself on helping female athletes prevent injuries, become mentally stronger, and reach athletic goals.

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

Karly Morrell, MS, AT, ATC

Athletic Trainer

Megan Christoffel PT, DPT

Physical Therapist

Maria Brumfield, MS, RDN, LD

Dietitian

Are you ready to make an appointment?

You can request an appointment online anytime or give us a call at 937-641-4876 during normal hospital business operating hours of 8:00 am - 5:00 pm Monday-Friday. Visit childrensdayton.org/centerforthefemaleathlete

Who is eligible for The Center for the Female athlete?

We see patients ages 12-22 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

Location

South Campus

3333 West Tech Road
Miamisburg, Ohio 45342



@The_Female_Athlete



@TheFemaleAthleteOfficial

