



Continuing Medical Education Department  
Allegheny Professional Building  
490 East North Avenue  
Suite 520  
Pittsburgh, PA 15212

## Care of the Female Athlete

Cranberry, PA US

March 13, 2026 to March 14, 2026

### Program Agenda

#### Day 1: Friday

**7:00 AM - 8:00 AM:** Registration, Breakfast, visit exhibits

**8:00 AM - 8:05 AM:** Welcome Address

Melissa Roscher, MD

**8:05 AM - 8:30 AM:** Opening Remarks

Jaclyn Arduini, ATC

**8:30 AM - 9:45 AM:** Session 1: Inclusive Care in Sports

**Disability in Sports:** Amanda Harrington, MD

**Transgender Athletes:** Molly Fisher, MD

**Panel Discussion**

**9:45 AM - 10:00 AM:** Coffee Break, visit exhibits

**10:00 AM - 11:30 AM:** Session 2: Common Orthopedic Concerns

**Knee and Shoulder Injuries:** Colleen Harriger, MD

**Spine Health:** Lara Massie, MD

**Panel Discussion**

**11:30 AM - 12:30 PM:** Lunch Break, visit exhibits

**12:30 PM - 2:00 PM:** Session 3: Women's Health in Athletics

**Menopause and Exercise:** Alana Pietragallo, MD

**Pelvic Floor Therapy and Return to Running:** Diana Jordan, PT

**Exercise During Pregnancy:** Marissa Depaola, PT

**Panel Discussion**

**2:00 PM - 2:15 PM:** Afternoon Break, visit exhibits

**2:15 PM - 4:00 PM:** Session 4: Systemic Health & Beyond

**Cardiology for Athletes:** Valentyna Ivanova, MD

**Osteoporosis Management:** Carol Mayfield, RN, BSN, MSN, CRNP

**Rheumatology Considerations:** Tanmayee Bichile, MD

**Panel Discussion**

**4:00 PM:** Closing Remarks for Day 1

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**Day 2: Saturday**

**7:00 AM - 8:00 AM:** Registration & Breakfast, visit exhibits

**8:00 AM - 8:15 AM:** Welcome Remarks

**8:15 AM - 9:45 AM:** Session 1: Mind & Body Connection

**Migraine Management:** Andrea Synowiec, DO

**Chronic Pain Strategies:** Leah Flaherty, PsyD

**Sports Psychology:** Melissa Roscher, MD

**Panel Discussion**

**9:45 AM - 10:00 AM:** Coffee Break, visit exhibits

**10:00 AM - 11:30 AM:** Session 2: Concussion & Musculoskeletal Considerations

**Hypermobility in Athletes:** Katie Barr, DPT

**Concussion Medications:** Melissa Roscher, MD

**Concussion Therapies:** Marielle Bonaroti Reynolds, DPT

**11:30 AM - 12:30 PM:** Lunch Break, visit exhibits

**12:30 PM - 1:00 PM:** Athlete Panel Discussion

**1:00 PM - 1:15 PM:** Guest Speaker: Maria Caruso, MS

**1:15 PM - 2:30 PM:** Session 3: Performance & Prevention

**Nutrition for Athletes:** Leslie Bonci, MPH

**Strength and Conditioning Principles:** Kaitlyn Falce, CSCS

**Dermatology in Sports:** Christina Morgan, DO

**Panel Discussion**

**2:30 PM - 2:45 PM:** Afternoon Break, visit exhibits

**2:45 PM - 4:15 PM:** Interactive Stations

*Led by:* Joni DiFonso, DPT, Katie Barr, DPT

*Assisted by:* AHN Physical Therapists and Athletic Trainers

**4:15 PM:** Final Remarks