

SPORTS AND PREGNANCY & PAEDIATRICS RCC LIVE WEBINAR

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RCC-UK.ORG



The Pregnant and Postpartum Athlete

Dr. Ellen Casey

Webinar Outline

This event will explore the benefits of exercise during pregnancy and how pregnancy-related changes in the musculoskeletal cardiorespiratory and thermoregulatory systems affect performance. Dr Casey will review exercise recommendations during pregnancy, and discuss postpartum return to exercise/sports, including concepts like diastasis rectus abdominis, low back and pelvic girdle pain, lactation, bone stress injuries and stress urinary incontinence/pelvic floor muscle dysfunction.

Learning Outcomes

- Understand exercise recommendations during pregnancy.
- Understand selected concepts of postpartum return to exercise.

Speaker

Dr. Casey is an Associate Professor in Sports Medicine at the Hospital for Special Surgery and Weill Cornell Medical College. She also serves as the Research Director for the Department of Physiatry and is the USA Women's Gymnastics National Team Physician. Her clinical practice focuses on the conservative treatment of acute sports medicine injuries and spine disorders and she has particular expertise in the female athlete, including the female athlete triad, stress fractures and physical activity during and after pregnancy.

Dr. Casey is actively involved in sports medicine research. She is interested in the underpinnings of sex and gender disparity in musculoskeletal injury, including the role of sex hormones in knee injuries (particularly anterior cruciate ligament tears), postpartum rectus diastasis abdominis and injury prevention in gymnastics.



OCTOBER 2021

Tuesday 5th

19:00 - 20:00

Free for RCC Members - a link will be provided by email.

Non-Members: £35 - to register please visit:
rcc-uk.org/rcc-events

Registration closes:
Tuesday 5th October 2021,
5pm.

Convenor: Daniel Morgan FRCC