

orthopedics at Dayton Children's

caring for our female athletes

The center for the female athlete at Dayton Children's Hospital is led by an all-female team of physicians, behavioral health specialists, dietitians and athletic trainers dedicated to the current and future health and wellness of the female athlete.

The center for the female athlete sees patients, ages 13-18, 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
- Recurrent injuries

Dayton Children's knows that when it comes to young, female athletes, there's a lot to consider: training, performance, nutrition and mental health. The center for the female athlete provides a place for young female athletes to be heard. To learn how to understand their bodies' unique needs and focus on the power they have to position themselves for total wellness. Girls who enter the center for the female athlete 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.

[Learn more](#)

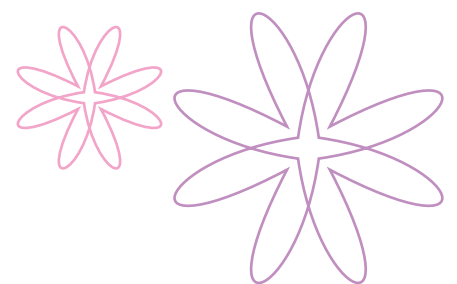


4 number of providers on the center for the female athlete team

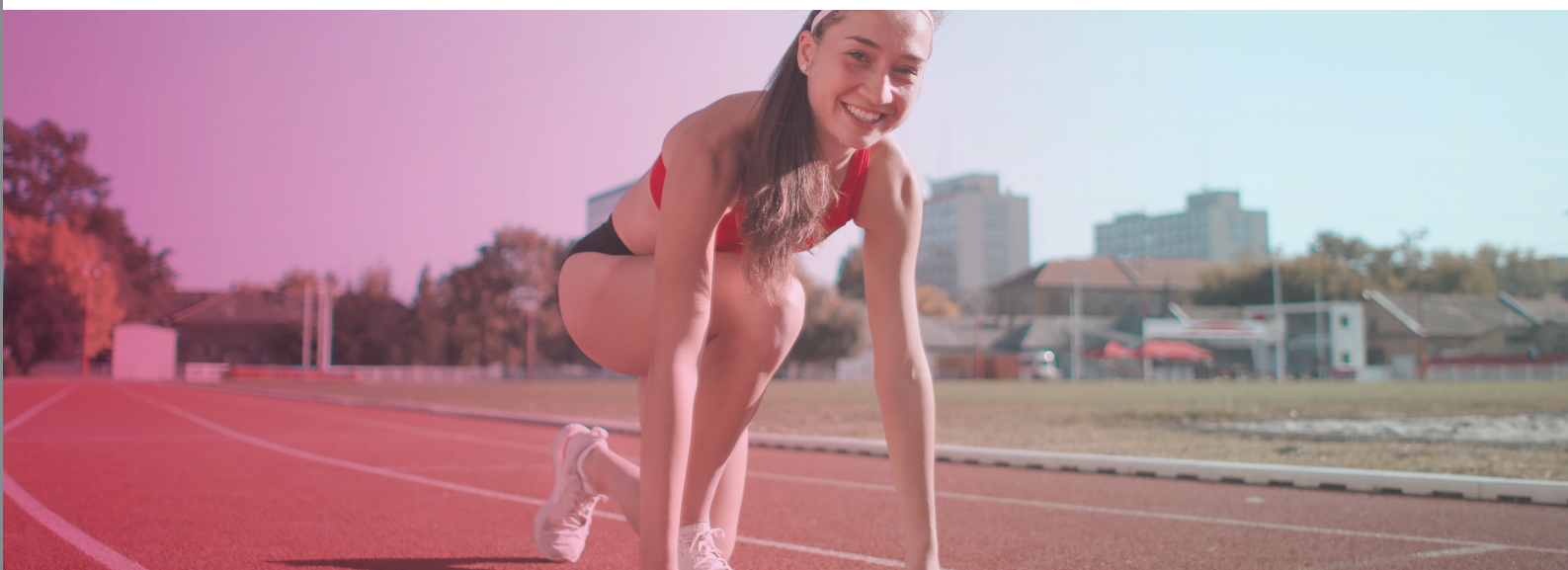
2.5 length of first intake appointment with the center for the female athlete
hours

20 number of patients seen within first three months of program launch
patients

1 average anticipated time patient spends in program to achieve goals
year



treating and preventing knee injuries



About 200,000 ACL injuries occur every year in the United States. Adolescents, females and athletes in pivoting/cutting sports, like soccer or basketball, tend to have more ACL injuries than their peers. There are many physicians and facilities that can repair an ACL tear, but only Dayton Children's orthopedic and sports medicine team offers cutting edge, compassionate care from prevention to diagnosis and treatment for children in our region.

To help prevent and recover from knee injuries, Dayton Children's offers Sportsmetrics™ for athletes. Sportsmetrics™ is a scientifically proven, training program that incorporates proper stretching, special plyometric exercises and weight training to keep athletes injury free and performing at the top of their game. And, it's the first program scientifically proven to decrease knee injuries in athletes, especially females, by encouraging proper form for jumping and landing during athletic participation. [Learn more](#)

leading the way with ApiFix

Dayton Children's spine team recently began offering ApiFix spinal surgery as an alternative to spinal fusion surgery for scoliosis patients. Since November 2020, the division has performed more than 20 procedures, making us a leader in the United States.

ApiFix offers substantial benefits over a traditional fusion surgery to straighten a curved spine, including a smaller incision, faster operation and shorter hospital stay. It acts as an internal brace and naturally expands as the child grows or exercises.

ApiFix Facts

1 day: Average length of stay for an ApiFix patient

2 weeks: Return to non-contact sports activity

3 days: Average narcotic use

100 minutes: Average procedure length

[Learn more](#)

navigating spine surgery

Few children's hospitals see as many patients with scoliosis and other spinal conditions as the orthopedic center at Dayton Children's. We specialize in all types of treatment for scoliosis, including innovative surgical techniques like ApiFix and the BandLoc spinal procedure. And, helping us care for these patients is Jenna Keiffer, spine nurse navigator. Jenna serves as an educator and liaison throughout a patient's entire spine surgery journey.

[Learn more](#)