

FOREWORD

Many girls and young women begin participating and competing in sports at a very young age. These young athletes can present unique opportunities and challenges for the sports medicine physician.

In keeping with this, the Pediatric Research in Sports Medicine Society (PRiSM) was founded with a mission “to lead interdisciplinary research, education and advancement in pediatric and adolescent sports medicine.”

Sex differences exist in pediatric and adolescent sports medicine, just as they do in adults. Within PRiSM, the Female Athlete Research Interest Group (RIG) has focused its attention specifically on topics pertinent to young women in sports and sports medicine.

The Journal of Women’s Sports Medicine and the PRiSM Female Athlete RIG are pleased to partner in presenting this special issue dedicated to improving care for the young female athlete. This issue highlights the unique considerations for care of the young female athlete, covering a broad range

of topics including relative energy deficiency screening, biomechanics in ballet, the impact of breasts and bras on physical activity, and rehabilitation guidelines for artistic gymnastics.

The authors in this issue, all members of the PRiSM Female Athlete RIG, showcase the expertise of this group, which will undoubtedly contribute to improving our understanding of ways to optimize orthopaedic care for the young female athlete.

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