

THE FEMALE ATHLETE CHECKUP

MOVEMENT, ENERGY & PHYSIOLOGY are the foundation for your sport performance. This checkup is designed to get you thinking about this foundation and all parts of your health as it relates to your injury rehabilitation, training and your ability to perform as an athlete. Whether you are recovering from an injury, wanting to take your athleticism to the next level, or simply hoping to return to sport, optimizing your health is the first step in realizing your performance goals. Understanding your health can be overwhelming - this checkup is meant to be a tool to help you get started.

OPTIMUM HEALTH FOR OPTIMUM PERFORMANCE

As you go through these questions, answer them as honestly as you can. This is for you to learn about what your body is telling you and how to advocate for the healthcare and sport care you need. **If you answer yes to any question, then you may benefit from a deeper look into your health.** Follow the links on the second page for more information.

MOVEMENT

Do you have pain during sports, working out or training?

Do you have injuries that still bother you?

Do you have movements in training or sport that you are not able to do? (feel weak, lack of flexibility or because of an injury)

Do you experience any urine leaking when you run, jump, laugh, sneeze, cough, or lift heavy weights? (any one of them)

Do you need to go pee during a training session even if you went right before?

Do you feel like it's hard to feel your lower abdominal muscles? Or does it feel like the upper abs are tight and the lower abs are not?

Have you had an ankle injury that you did not get treatment for? Or have you had one or more ankle sprains?

Have you had a pregnancy or delivered a baby?

Have you had any surgeries?

Do you experience any pelvic pain?

Do you have a lot of muscle tension or soreness?

ENERGY

Do you wake up feeling tired and stay tired most of the morning?

Do you get less than 7 hours of sleep most nights?

Do you often feel tired during the day?

Do you have injuries that won't heal or go away?

Have you had any stress fractures?

Do you feel fatigued or exhausted with competition or training?

Do you get anxious or feel stressed many days each week?

Do you eat a special diet? Such as: vegetarian, vegan, high protein, low carb, or low fat?

Do you get headaches or bruise easily?

Do you get an upset stomach often? Either to specific food or after eating meals? (more than once a week)

Do you have any constipation or loose bowel movements? (more than once a week)

Have you been told you have low iron?

Did you take antibiotics many times as a kid or at other points in your life? Or have you had to take reflux/heartburn or pain medication?

PHYSIOLOGY

If you are between 16-40 years old, has your menstrual cycle ever stopped (not because of pregnancy)?

Is your menstrual cycle unpredictable and inconsistent? (not regular and/or on time each month)

Do you have PMS including cramps, cravings and/or mood changes with your menstrual cycle?

Do you have heavy periods (do you need 16 regular tampons/8 super)? Or do you have periods that last longer than 7 days?

Do you have cramping or period pain that you need to take pain medication for or miss school/work/sport for?

Are you on hormonal contraceptives (birth control) for reasons other than to prevent pregnancy? (For your skin, or to help with your period cramps, etc.)

Do you ever have your period come early or do you have a short cycle? (less than 21 days)

Do you ever have your period come late or do you have a long cycle? (more than 45 days)

THE INFO

MOVEMENT:

Efficiency and variety of movement are key for athleticism. When athletes have injuries, they are susceptible to losing this efficiency and range of movement, and this can come from performing repetitive movements in excess or with poor technique, having poor recovery practices, overtraining, or specializing in a sport at a young age. Athletes are also susceptible when they experience physical changes such as those that occur with surgery, puberty and when pre/postnatal. All female athletes experience natural changes that can have an impact on their movement. Understanding what these changes are and when they occur, and combining this knowledge with your own history, movement tendencies and injuries, is critical in effective rehabilitation and developing a successful sport training plan. [Learn more here.](#)

ENERGY:

All systems in our bodies require energy: from breathing, to digestion, to sleep, to athletic performance. If there is a lack of energy anywhere in your body, your physical health and athletic performance is going to suffer. Energy deficits often appear initially as injuries that seem to come up out of nowhere and just don't seem to go away, or unexplained fatigue and, less commonly recognized, a decline in athletic performance. Our body requires energy for basic daily functions that keep us alive (breathing, digestion, vision, cognitive functions such as thinking and learning, etc.), and it prioritizes those vital functions over athletic performance. Something has to give. To heal injuries and optimize performance, you must ensure your body is getting the energy it needs to not only function at a basic level but also to support you in performance and exercise. [Learn more here.](#)

PHYSIOLOGY:

Your female physiology is unique and can be leveraged to optimize your health and sport performance. This has long been ignored in the world of sports medicine, under-studied and not well understood. Your menstrual cycle is a regular indication of your health because your hormones fluctuate in a predictable pattern each month. With this pattern, there are many signs that your body gives you to indicate if things are working well and if they are not. Not only can this information be used to assess your health, but it can also be understood to enhance your training and minimize your injury risk. Hormonal health is closely linked to several health issues and injuries for female athletes. [Learn more here.](#)

Only by recognizing and understanding how movement, energy and physiology can impact a female athlete can we effectively support their performance, recovery and athletic longevity. Optimum health in these areas is the foundation for their sport performance.



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