

## FROM THE EDITOR

Welcome to the Journal of Women's Sports Medicine, a multidisciplinary journal designed to advance medical knowledge surrounding sports injuries and treatment in female athletes.

This inaugural edition is brought to you by the dedicated members of our **2021-2022 Editorial Board** listed below, to whom I am extremely grateful for lending their expertise and support to this journal's efforts:

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10 years ago, I had the privilege of training as an Orthopaedic Sports Medicine fellow at the Hospital for Special Surgery in New York City. It was there that I first gained exposure to the Women's Sports Medicine Center under the leadership of Drs. Jo Hannafin and Lisa Callahan. Through my time there, I learned about the purpose of such a program, the evolution of knowledge in the treatment of female patients, as well as the unique needs of female athletes that necessitate a multidisciplinary perspective. Since then, efforts to learn more about sex-differences in orthopaedic surgery and sports medicine have been met by many with recurrent themes in the medical literature:

*"No data exists"*

or

*"Further research is needed"*

...on differences in injuries  
between male and female athletes.

Women have been breaking barriers in sports at an extraordinary rate, and the time has come for us as a medical community to heed the call for greater research efforts on sex-differences in sports injuries to support their trajectory. Our collection in this inaugural issue is just one step toward encouraging such ideas and stimulating dialogue

on new and original approaches to the care of the female athlete.

It is an incredible honor to have Drs. Hannafin and Callahan, the founders of the HSS Women's Sports Medicine Center, contribute their editorial and share their perspective on the *History of Women's Sports Medicine*, to remind of us of how far we have come, and how far yet we have to go.

Drs. Lampros and Sprague share their sport-specific expertise in *Return to sport following anterior cruciate ligament reconstruction: Women's lacrosse*. Their paper details the unique conditions associated with women's lacrosse, and how understanding the specifics of this sport can help physical therapists to provide return to play training and guidance for female athletes in this rapidly growing sport.

In *Sex-based differences in hamstring injury risk factors*, Lucy O'Sullivan contributes an important synthesis of the relative risk factors for hamstring injury, preceded by an insightful commentary by our own Editorial Board member, Dr. Kelly McInnis.

Kantaros and Borgstrom, in *Sex-specific differences in perceived injury management and prevention in high school student-athletes*, open our eyes to sex-differences in injury treatment and preventative training efforts in high school athletes.

I congratulate and thank our authors for their contributions to our inaugural issue of the Journal of Women's Sports Medicine, and hope that our

readers find the work presented here to not only be educational, but exciting with the promise of social and medical advancement ahead. We look forward to the growth of this field in years to come, and hope that authors and researchers of all disciplines will consider contributing their expertise and efforts on this important area of study. We, in turn, are committed to supporting and promoting the "further research" on female athletes that is sorely needed in the sports medicine literature.

As the role of women's sports and female athletes in our society continue to evolve, we are eager to support their advancement through dissemination of collaborative research incorporating diverse areas of expertise, with the goal of identifying the optimal diagnostic and treatment considerations for sex-specific care. Together, we can elevate the field of women's sports medicine by supporting a platform to highlight multidisciplinary, patient-centric studies, for the benefit of our researchers, our physicians/providers, and most importantly, our female athletes.

Miho J. Tanaka, MD

Editor-in-Chief  
Journal of Women's Sports Medicine