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Optimizing the performance and treatment of the female athlete

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It is our distinct pleasure to highlight the topic of "Sports Related Injuries of the Female Athlete" in *Annals of Joint* (*AOJ*). Women manifest disease and respond differently to treatment across medical specialties. Cardiovascular health is the field that has received the most widespread attention; our awareness of the differences in clinical presentation of cardiac distress between men and women has, in very simple terms, saved countless lives. Similarly, musculoskeletal pathology differs on many levels between male and female patients. Fundamental physiologic differences play a major role. For example, female pelvic and hip anatomy and relative strength differences increases the risk of anterior cruciate ligament (ACL) injury; and greater joint laxity can lead to a greater incidence of shoulder and patellofemoral instability. Moreover, understanding these differences allows the treating surgeon to counsel the patient as to the best surgical treatment option, such as optimal graft choice in ACL reconstruction that will lead to lowest rate of re-rupture. These are just a few examples outlining the many ways in which we can enhance athletic performance, injury prevention, recognition and treatment of the female athlete. We take a deep dive into some of the most common of these in this edition.

This series aims to provide a comprehensive overview of the most relevant topics in the treatment of female athletes. The aim is to provide the reader with an understanding of how nutritional and mental health affect performance, injury and recovery as well as review the most common injury patterns and their treatments. Our expert contributing authors delve into the risk factors for injury, injury prevention and up-to-date information on treatment, both nonsurgical and surgical. They also provide us with their pearls for treatment, which are invaluable, given their breadth of knowledge and experience.

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