

## Foreword



George H. Kraft, MD, MS  
*Consulting Editor*

Dr. Heidi Prather is a star. She is an associate professor and director of Physical Medicine and Rehabilitation at the Washington University School of Medicine in St. Louis. Her Spine Fellowship and musculoskeletal medicine teaching programs are popular and highly sought after by graduating Physical Medicine and Rehabilitation residents. Dr. Prather is active in the American Academy of Physical Medicine and Rehabilitation (AAPM&R) and the Physiatrix Association of Spine, Sports, and Occupational Medicine.

In 2005, Dr. Heidi Prather was honored by the AAPM&R at its annual meeting in Philadelphia, where she gave the Richard and Hinda Rosenthal Foundation lecture. After hearing that lecture, I understood why my residents were raving about her teaching, and asked her to be the Guest Editor of an issue on women's health and musculoskeletal medicine.

Dr. Prather accepted, and recruited Dr. Sheila A. Dugan, a physiatrist at the Chicago Institute for Neurosurgery and Neuroresearch in Elmhurst, Illinois, to assist with the issue as her Co-Guest Editor. This August 2007 issue is the outstanding result.

*Gender Specific Medicine: The Physiatrist and Women's Health* focuses on the rehabilitative treatment of sports-related injuries in women. But it covers much more than that. This issue also delves into activity-associated problems of females, both in active stages of youth as well as in aging.

Topics covered include the role of physical activity in bone health—and reduction of spinal fractures—as well as in cardiovascular health. Stress fractures, patellofemoral pain, ACL tears, and acetabular labral tears are specifically discussed. Frequent problems of women such as breast cancer,

lymphedema, problems of pregnancy (pre partum, delivery, and post partum), and pelvic pain are also examined. The discussions range from diseases of the young female athlete to the postmenopausal and geriatric woman.

This is a comprehensive *Clinics* issue that will appeal to all physicians who treat women—especially those women engaged in sports or other forms of physical activity. I hope that the practicing physician will keep this issue handy. It will be used frequently.

George H. Kraft, MD, MS

*University of Washington*

*Box 356490, 1959 NE Pacific Street*

*Seattle, WA 98195-6490, USA*

*E-mail address: [ghkraft@u.washington.edu](mailto:ghkraft@u.washington.edu)*