



Athletic Directors and Coaches,

We invite you to join us on **Wednesday, May 28th @ 12 pm** for a mental health and injury recovery/prevention webinar with a panel from Hospital for Special Surgery (HSS).

Join the webinar [here](#).

Please invite your coaches and athletic trainers to participate, as well. See more details below:

HSS Presents: The Mind-Body Connection: The Importance of Mental Health in Sports

Presented by two World-Class Physician's from HSS, this 60 minute, interactive webinar will address two topics detailing mental health's role in injury prevention and recovery.

Speakers:

Tiana S. Woolridge, MD, MPH, Primary Sports Medicine:

Mental Health Considerations for Injury Prevention and Recovery:

Dr. Woolridge will explore the critical connection between mental health and injury risk in athletes. She will examine how conditions such as stress, anxiety, and depression can impair biomechanics, delay reaction times, and hinder recovery, ultimately increasing the likelihood of physical injury. Attendees will learn to recognize mental health-related warning signs through changes in physical health and injury patterns. The session will also highlight the benefits of incorporating mental health screening and support programs in athletic settings, while addressing key challenges such as logistical implementation and privacy concerns.

Michelle E. Kew, MD, Sports Medicine and Shoulder Surgeon:

Mental Health and Return to Sport: A Surgeon's Perspective

Dr. Kew will explore the role of kinesiophobia—the fear of movement or re-injury—in the return-to-sport process following surgery. While physical recovery is essential, psychological readiness is often a limiting factor that can impact performance, delay return, or increase reinjury risk. The session will examine how kinesiophobia can manifest, its effects on rehabilitation outcomes, and how it is integrated into return-to-sport decision-making.

For more information regarding HSS services and appointments, please contact Alexandra Curiale at 845.750.7331 or curialea@hss.edu

Thank you,
Glenn Lungarini

Please see the link for the webinar below:

When: May 28, 2025 12:00 PM Eastern Time (US and Canada)
Topic: 05/28 Mental Health & Injury Prevention Webinar

Join from PC, Mac, iPad, or Android:

<https://hss.zoom.us/j/97629862629?pwd=Sg0PCH3kb6lpVgfEujUDnxa3q0FW4U.1>

Webinar ID: 976 2986 2629

Passcode:521200