

# The Female Athlete/Patient

## Resources



### Reading:

Elliott-Sale et al (2020). The effects of oral contraceptives on exercise performance in women: a systematic review and meta-analysis. *Sports Medicine*, 50, pp. 1785-1812.

**LINK:** <https://link.springer.com/article/10.1007/s40279-020-01317-5>

McNulty et al (2020). The Effects of Menstrual Cycle Phase on Exercise Performance in Eumenorrheic Women: A Systematic Review and Meta-Analysis. *Sports Medicine*, 50, pp. 1813-1827.

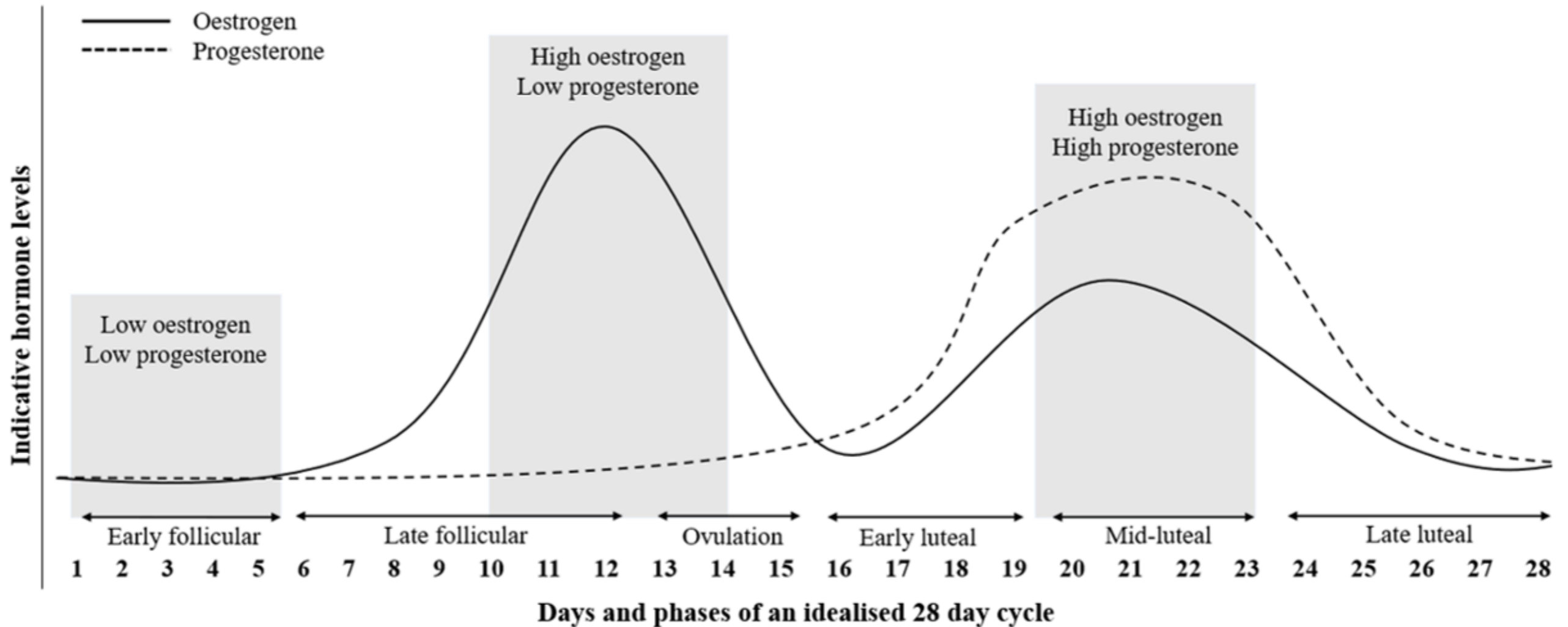
**LINK:** <https://link.springer.com/article/10.1007%2Fs40279-020-01319-3>

Elliott-Sale et al (2021). Methodological Considerations for Studies in Sport and Exercise Science with Women as Participants: A Working Guide for Standards of Practice for Research on Women. *Sports Medicine* (e-pub ahead of print).

**LINK:** <https://link.springer.com/article/10.1007/s40279-021-01435-8>

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McNulty et al (2020).

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Check Out:



The Female Athletes Injury Registry for the Anterior Cruciate Ligament

This is the first national research study in the United-Kingdom that aims at registering the profile of the reproductive hormones of the female athletes at the time of their non-contact ACL injury.

**Web:** <https://fairaclproject.isrg.org.uk>

**Twitter:** @fairaclproject

**Kirsty's Twitter:** @ElliotSale

give them a follow and a share :-)