

---

# Learning Objectives

MedBridge  
*Aquatic Therapy for the Female Athlete*  
Kimberly Gordon, MPT

## Course Objectives:

Upon completion of this course, learners will be able to:

- Identify common injuries specific to the female client
- Explain why aquatic therapy is the treatment of choice for the female athlete
- Demonstrate and perform a typical treatment session for a female athlete
- Modify the PEP program for the aquatic setting