

Specialized Eating Disorder Care for Athletes

Expert Treatment Supporting Health and Sport

Athletes navigate intense physical demands, performance pressures, and competitive environments, which can heighten the risk of eating disorders. At The Emily Program, we provide specialized care that supports both recovery and your athletic goals. Our approach prioritizes health, collaboration, and returning to sport as soon as safely possible.

Our Treatment Philosophy:

Not all clients will have to stop their sport completely. For clients who do have to temporarily stop their sport, we want to reintroduce physical activity when it can be done safely. We not only focus on returning to their sport but on recovery and long-term health and performance.

We respect the deep connection athletes have to their sport. Our approach starts with an individualized assessment for each athlete and uses a three-phased journey designed to restore physical and emotional health while physical activity is continued or re-introduced. Our overall goal is to have each athlete experience optimal health, recovery, and peak performance.

A Three-Phase Journey

Phase 1: Restoring Your Health

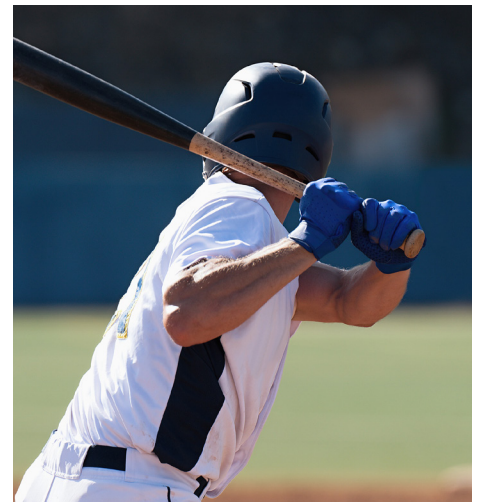
- Focus on medical stabilization, nutrition restoration, and emotional support
- Minimal activity, such as light stretching, based on medical and psychological status
- Collaboration with athletic staff to align your recovery with your athletic journey

Phase 2: Gradual Reintroduction

- Carefully planned reintroduction to sport, prioritizing mindful and sustainable practices
- Regular assessments of readiness with the treatment team and athletic staff
- Continued focus on physical and psychological well-being

Phase 3: Supported Return

- Incremental increases in training intensity, guided by medical and psychological milestones
- Development of sustainable practices to support long-term health and peak performance
- Ongoing communication with athletic staff and coaches to ensure a balanced return to full sport



For Questions: Ask Emily!

888.364.5977
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Comprehensive Support for the Whole Athlete

At The Emily Program, we provide integrated medical, nutritional, and psychological care that supports athletes' recovery while addressing the unique challenges they face on and off the field. Our approach is tailored to the complexities of life as an athlete, with services that include:

- **Medical Monitoring:** Regular evaluations, including lab tests and bone health assessments, to ensure physical stability
- **Sport-Specific Nutrition:** Meal planning focused on recovery and meeting the demands of training and performance
- **Mental Health Support:** Therapy to manage performance pressures and perfectionism while building healthy coping mechanisms
- **Team Collaboration:** Direct coordination with athletic trainers, coaches, sports medicine providers, and sports dietitians to align recovery with athletic goals
- **Recovery Maintenance:** Strategies to maintain long-term health, balance, and athletic performance
- **Navigating Life's Challenges:** Support for academic and work responsibilities, team dynamics, and co-occurring conditions like depression, OCD, or ADHD to ensure physical stability

Why Timely Treatment Matters

Addressing an eating disorder early can safeguard your health and athletic goals. Without timely care, athletes face increased risks, including:

- **Declined Performance:** Fatigue, reduced strength, and slower recovery
- **Increased Injury Risk:** Fragile bone health, overuse injuries, and longer healing times
- **Medical Complications:** Heart irregularities, dehydration, and conditions like Relative Energy Deficiency in Sport (RED-S)



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