

UCLA Family Medicine Grand Rounds

Bone Stress Injuries in Active and Athletic Young Adults: Evaluation & Management Strategies

Aurelia Nattiv, MD

Professor, UCLA Departments of Family Medicine
and Orthopaedic Surgery



Dr. Aurelia Nattiv is a Health Sciences Clinical Professor in the UCLA Departments of Family Medicine, Division of Sports Medicine and Non-Operative Orthopaedics, and in the Department of Orthopaedic Surgery. She has served as the Director of the UCLA Metabolic Bone and Osteoporosis Center for over 20 years, and sees patients in the areas of osteoporosis across the lifespan, and sports medicine, with an emphasis on women's sports medicine and bone stress injuries. Dr. Nattiv's primary areas of research and publications have been in the area of the female athlete triad (disordered eating, amenorrhea and osteoporosis), as well as stress fracture risk factors and prevention, and osteoporosis management. She speaks nationally and internationally, and publishes extensively in these areas.

In addition to serving as a team physician for the UCLA Department of Intercollegiate Athletics since 1994, Dr. Nattiv has served as a team physician and consultant for USA Track and Field, USA Gymnastics and the United States Olympic Committee at several international venues, and is an invited consultant for the NFL Research and Innovation Committee. Dr. Nattiv has served as Chair and first author of the American College of Sports Medicine Position Stand on the Female Athlete Triad and has also co-edited a book entitled The Female Athlete. She has served as an elected member of the Board of Directors for the American College of Sports Medicine, as well as two terms for the American Medical Society of Sports Medicine, and has received the honor of the AMSSM Founders Award. She is a recent Past President of the Female and Male Athlete Triad Coalition, and has served on the editorial boards and as a reviewer for multiple sports medicine and bone journals.

**Friday,
Sep 26,
2025**

**12:00 -1:00 pm
(PST)**

Scan QR code to register:



Dr. Nattiv received her medical degree at Washington University School of Medicine and completed her residency in Family Medicine at the Sonoma County Community Hospital in Santa Rosa, California/University of California, San Francisco. She received her sports medicine fellowship training at the UCLA Primary Care Sports Medicine Fellowship Program, and has been an integral faculty member for the UCLA sports medicine fellowship training program over the last two decades. Dr. Nattiv has received the honor of being a Southern CA Super Doctor and Top Doctor, LA Magazine for the last 10 years.

For more information, contact:
Laura Sheehan at LSheehan@mednet.ucla.edu
or
Denise Acelar at DAcelar@mednet.ucla.edu



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Department of
Family Medicine