

ARTICLE LIST

2024

Paris Olympics

*Science of Simone: The forces behind her iconic Yurchenko double pike

Expert medical interview provided by Gina, written by Thuc Nhi Nguyen

<https://www.latimes.com/sports/olympics/story/2024-07-23/simone-biles-yurchenko-double-pick-paris>

*'Simone is a very, very rare bird': Experts discuss the science behind Simone Biles' gymnastic prowess
Expert medical interview provided by Gina, written by Stephanie Pappas

<https://www.livescience.com/health/exercise/simone-is-a-very-very-rare-bird-experts-discuss-the-science-behind-simone-biles-gymnastic-prowess>

USA Gymnastics Olympic Trials: Minneapolis, MN, ONSITE

*What a Difference a D Makes: Men's Gymnastics Uprising, Difficulty Scores and Medals

<https://www.insidegymnastics.com/news-features/team-usa-men-d-scores-road-to-paris/>

USA Gymnastics Xfinity Championships: Fort Worth, TX: ONSITE

*Realizing an Olympic Dream: Why Mentoring Matters

<https://www.insidegymnastics.com/news-features/realizing-an-olympic-dream-why-mentoring-matters-road-to-paris-usa-gymnastics/>

*Blakely's Journey to Paris Ends with Heartbreaking Achilles Injury

<https://www.insidegymnastics.com/news-features/skye-blakelys-journey-to-paris-ends-with-heartbreaking-injury/>

*Mighty Malone: The Story of Brody Malon's Triumphant Comeback

<https://www.insidegymnastics.com/news-features/might-malone-2024-xfinity-us-gymnastics-championships/>

*Timing is Everything: Shilese Jones, Shoulder Injury Explainer and the Ultimate Perspective

<https://www.insidegymnastics.com/news-features/inside-gymnastics-perspective-timing-is-everything-for-shilese-jones-2024-xfinity-championships/>

*Mental Side of the Mat

<https://www.insidegymnastics.com/news-features/inside-gymnastics-perspective-the-mental-side-of-the-mat-2024-xfinity-us-gymnastics-championships/>

*The Science Behind the Movement: Anatomy of Artistry: Body Movement, Kinesiology and Motion Demands for Performance (MAGAZINE)- Coach's Resource Guide 2024 July

Bouncing Out: Tumbling, Landing and the Physics of Staying In Bounds (MAGAZINE TBD)

2023

USA Gymnastics Classics and Nationals: Onsite

*Coming Back: Returning to Sport from Retirement to a Quick Break- Taking Care of the Body and Mind
Oct/Nov Issue: p51 – 53 (MAGAZINE)

<https://www.insidegymnastics.com/news-features/the-climb-coming-backtop-biles-lee-douglas-2023-world-championships-2/>

*Balancing Act: Can we be Good and Nice? Can we Successfully Balance Winning and Support Athlete Wellness?

<https://www.insidegymnastics.com/coachs-resource-guide/>

2022

USA Gymnastics Nationals-Tampa, FL Onsite Coverage

Artistry in Demand (MAGAZINE)

*Balancing Act: NCAA and Olympic Challenge

<https://www.insidegymnastics.com/news-features/balancing-act-chiles-carey-and-wong-prove-you-can-do-both/>

*In Balance: Can We Successfully Balance Winning While Supporting Athlete Wellness?

<https://www.insidegymnastics.com/news-features/balancingact/>

*The Athlete Marathon: A Look at the Long Haul (WEB)

<https://www.insidegymnastics.com/news-features/theathletemarathonalookatthelonghaul/>

Video

2021 Team Finals: Olympic Legends

https://youtu.be/S_fc62Po9ms

Inside Gymnastics Coach's Resource Guide: Coaching and Athlete Wellness , P20, (MAGAZINE)

2021

*Tokyo Olympics- The Entire Reporter's Daily Blog (WEB)

<https://www.insidegymnastics.com/news-features/reporters-blog-inside-gymnastics-tokyo-olympics/>

*The Layer of Fear: The Sport of Gymnastics, The Tokyo Olympics and Simone Biles

<https://www.insidegymnastics.com/news-features/the-layer-of-fear-simone-biles-changes-the-conversation/>

*Rise. And Fall. And Rise Again. The Olympic Games: Pressure, Perseverance and Passion

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*The Amazing Aging Athlete

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*Artur and the Achilles (WEB)

<https://www.insidegymnastics.com/news-features/arturandtheachillestokyo2-2-2/>

*The Physics of Simone (WEB)

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*Time Change and the Effects on the Body: Traveling to Tokyo (WEB)

<https://www.insidegymnastics.com/news-features/athletes-adapt-tokyo-time-change/>

*Making the Team: The Weight of the List (WEB)

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*Individual vs. Team Spot: Where is the Reward (WEB)

<https://www.insidegymnastics.com/news-features/team-vs-individual-tokyo-olympic-team-selection/>

*The Mental Side of the Mat (WEB)

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<https://www.insidegymnastics.com/news-features/olympic-selection-procedures/>

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P18-21

2020

Inside Gymnastics Magazine: September Changing the Culture: A Multidisciplinary Approach, P48-49

2019

Medals: Stuttgart World Championships (WEB)

<https://www.insidegymnastics.com/news-features/medals-where-is-your-bling/>

Men in 4th: Where Do We Go From Here (WEB)

<https://www.insidegymnastics.com/news-features/u-s-men-rally-for-4th-where-do-we-go-from-here/>

World Championships Men's Podium Quest (WEB)

<https://www.insidegymnastics.com/news-features/the-quest-for-the-podium-mikulak-u-s-men-look-to-end-drought/>

In Good Health

(Stacy Kuhlman Friend)

March- Inside Dance- Dance Fitness- In the Zone- Planning Your Year, P 61-63 (MAGAZINE)

Annual Coach's Resource Guide: Train Your Brain: Overcoming Obstacles with Planning, Passion and Patience (MAGAZINE)

Cheer Biz: September/October: Fit Factor- You Are What You Drink- Peak Performance-p36

Inside Cheerleading August: Fitness in Life, p44 (MAGAZINE)

Cheer Biz: July: Striving for a Healthy, Well-rounded Athlete Life p 36 (MAGAZINE)

Inside Dance June: Backstage and In-Studio Recovery, p62-63 (MAGAZINE)

Inside Gymnastics: May/June- Tips for a Health Season (MAGAZINE)

Cheer Biz May/June: Recover and Re-Focus: p36 (MAGAZINE)

Cheer Biz: April: Having a Healthy and Successful Season (MAGAZINE)

2018

Margzetta Frazier (WEB)

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Ragan Smith: The Return (WEB)

<https://www.insidegymnastics.com/news-features/ragans-return/>

Sam Mikulak: Here to Stay (WEB)

<https://www.insidegymnastics.com/news-features/better-than-ever-sams-here-to-stay/>

Riley McCusker: The Life of Riley (WEB)

<https://www.insidegymnastics.com/news-features/the-life-of-riley/>

Winter Olympics: Understanding Figure Skating Jumps as a Gymnast (WEB)

<https://www.insidegymnastics.com/news-features/understanding-figure-skating-jumps-as-a-gymnast/>

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2017

2017 World Championships: New Skills (WEB)

<https://www.insidegymnastics.com/uncategorized/new-skills-at-the-2017-world-championships/>

Oksana Chusovitina: Oksana's World (WEB)

<https://www.insidegymnastics.com/uncategorized/oksanas-world-performances-and-elections/>

A New Leader: The Dynasty of Kohei Uchimura (WEB)

<https://www.insidegymnastics.com/uncategorized/a-new-leader-the-dynasty-of-kohei-and-new-chances/>

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Where are they Now: (WEB)
<https://www.insidegymnastics.com/news-features/where-are-they-now/>

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<https://www.insidegymnastics.com/news-features/10-ways-to-a-perfect-season-2/>

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2015

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*San Jose Mercury News: Gymnastics Examines Its Aches and Pains
<https://www.mercurynews.com/2007/08/14/gymnastics-examines-its-aches-pains/>

Presentations

2020:GymCon: A Virtual Conference for Gymnastics
<https://www.insidegymnastics.com/news-features/gymconvirtual2020/>

*2020: Heroizing Pain: A Three Part Facebook LIVE Series with Gina Pongetti Angeletti and Robert Andrews
<https://www.insidegymnastics.com/news-features/backtothegym-facebook-live-3/>

*2020 Facebook LIVE Video: The Physiology and Psychology of Injury
<https://www.youtube.com/watch?v=xdDrJLHb-yg>

Podcast/ Radio Show

Podcast: The Business Minded Sports Physio with Brian Schwabe
<https://www.youtube.com/watch?v=AKtBO1uglm8>
<https://open.spotify.com/episode/7tN62PsvwQxBtkhfn31Pik?si=ddcf8af2df5a43c3&nd=1&dlsi=eb46e2d7d364473a>

Radio Show: The Sports Doctor Live June 2024

<https://bbsradio.com/podcast/sports-doctor-june-12-2024>

Audio Link:

https://bbsradio.com/system/files/audio_dirs_five/the_sports_doctor_2022-11-23.mp3

2021: Tumbling Along with Betsy

<https://www.buzzsprout.com/811058/9227318-episode-24-gina-pongetti-heart-before-medals-preparing-olympic-and-world-champion-gymnasts>

<https://podcasts.apple.com/us/podcast/tumbling-along-with-betsy/id1495361415>

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*2024 Feb: Hinsdale Living Magazine

<https://jwcmedia.com/gina-pongetti-angeletti-mpt-m-a-b-a-cscs-art-cert-achieve-physical-therapy-and-sports-medicine/>

*2023 March Cover: Hinsdale Magazine: Going the Extra Mile

<https://hinsdalemag.com/going-the-extra-mile/>

*2022 Premier Doctors; P 60-62

https://issuu.com/jwcmedia/docs/hinsdale_feb2022_lr

*2020 October: Power Women Feature P 49 and P71

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2015 July: Gina Pongetti: Many Hats- P 46-47

Interviews Features

*2022- Beam Queen Boot Camp (BQBC) : The Importance of Physical Therapy

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*SportsDoctor Radio: Featured Expert Video Bio

<https://youtu.be/foELk2txxio?si=46KXNliVPQoYmM51>

*2019: Dr. Sirlina Cook- Dr. Lina and Friends Interview/Blog

<https://youtu.be/foELk2txxio?si=IPlldP7A30JvdaXo>

Publication

*ACSM: Medicine and Science in Sports and Exercise: On Pins and Needles: Spotting a Slipping Grip in an Elite Gymnast

https://journals.lww.com/acsm-msse/fulltext/2021/08001/on_pins_and_needles_spotting_a_slipping_grip_in.1307.aspx