

20% off a Functional Movement Assessment

We value our partnership with student-athletes and their families and would like to thank you for being part of the UPMC Sports Medicine Family. To receive **20% off a functional movement assessment**,* call **412-432-3871** and mention this voucher. Detach the voucher from the brochure, and take it with you to your assessment.

What is a functional movement assessment?

A functional movement assessment (FMA) is a program designed to identify performance issues and help prevent injury. It serves as a baseline assessment to determine how a person's body is functioning and is broken down into three categories of assessment: a posture assessment, a walking and running gait analysis, and a clinical evaluation.

To learn more about this process, visit the Functional Movement Assessment tab under Performance Services on **UPMCSportsMedicine.com**.

Locations:

UPMC Rooney Sports Complex
3200 S. Water St.
Pittsburgh, PA 15203

UPMC Lemieux Sports Complex
8000 Cranberry Springs Drive
Cranberry Township, PA 16066

**Discount may not be combined with any insurance.*

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To learn more about our services, or to schedule an appointment, visit **UPMCSportsMedicine.com** or call **1-855-93-SPORT (77678)**.

Athletic Training Services

What is an Athletic Trainer (AT)?

Athletic Trainers are health care professionals who collaborate with doctors to evaluate and treat sports injuries and other health problems. Our athletic trainers also provide preventive services, emergency care, and rehab services. UPMC Sports Medicine's more than 150 ATs are nationally certified and licensed in the Commonwealth of Pennsylvania.

Our ATs work with over 70 high schools, colleges, and pro sports teams throughout western Pennsylvania, offering:

- Fast-tracked appointments for contracted schools: 1-855-93-SPORT (77678)
- Health care services at home and away practices, events, and games
- On-site weight assessments and tips for wrestling programs
- Guidance on pre-season, in-season, and off-season conditioning programs
- ImPACT® concussion testing
- ACL prevention and screening programs
- On-site, sport-specific education programs for student athletes, parents, and coaches
- Sport-specific training camps and clinics
- Annual sports medicine student aide workshop
- Medical coverage, lectures, and injury prevention screenings for performing arts groups

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

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Tips to prevent sports injuries:

- Injury surveillance—Athletic trainers are often able to provide injury prevention screenings to detect underlying conditions, as well as factors that may predispose athletes to overuse injuries. They also are trained to deliver health care services that include emergency care at practices, events, and games; provide ImPACT® concussion testing; and monitor injury rehabilitation to help athletes return safely to their sports. Many injuries can be prevented with proper maintenance.
- Develop a proper training plan—This involves more than just strength and cardio. Young athletes should develop a training plan that incorporates rest days to allow the body to heal. It is also recommended that the athletes complete stretching exercises before and after training to improve flexibility. A proper warm-up and cool-down are important components to any training plan. Athletic trainers can provide guidance on pre-season, in-season, and off-season conditioning.
- Know your body and its limitations—Young athletes, especially baseball pitchers, attempt to throw hundreds of pitches a week to prepare for the season. This often leads to arm fatigue, tendonitis, and other injuries. To prevent overuse injuries, coaches and athletes should monitor and limit the amount of time allowed for any repetitive activity.
- Replace worn out or old equipment when necessary—Soccer players and runners tend to suffer from shin splints, a painful inflammation caused by excessive training or running in worn-out shoes. To prevent this injury, it is recommended that shoes be replaced after 300 to 500 miles of use. Also, be sure to replace any piece of equipment that no longer fits securely.
- Take time to rest and recover—It's not uncommon for athletes to jump from one sports season to another or from their high school team to a club team to keep a competitive edge year-round. Athletes should take time off between sports seasons to allow their bodies to recover. For a multisport athlete, consider taking 10 days off between seasons. For a single-sport athlete, four to six weeks of rest is recommended.
- Plan ahead—Proper nutrition helps young athletes fuel athletic performance and recover from training. Plan and prepare portable snacks or meals.

Frequently asked questions (FAQs):

What happens if my young athlete is injured in their sport?

If your young athlete is injured at a school-sanctioned athletic practice, scrimmage, or game, an athletic trainer may be on site to assess and treat their injury. They can also contact the athlete's parents/guardians via their emergency contact number to notify them of the injury. If the injury is acute, the athletic trainer may provide the athlete home instructions to treat the acute injury, notes on whether the athlete requires physician approval to return to play, details on their follow-up appointment with the AT, and the AT's personal contact information.

What if my young athlete needs further treatment?

If your young athlete's injury is severe, the athletic trainer will immediately contact emergency medical services and the athlete's parents/guardians. However, if the injury is worse than acute, but less than severe, the AT can work with you to schedule a fast-tracked appointment with the appropriate UPMC Sports Medicine expert, in addition to providing the information outlined in the previous FAQ.

Are athletic training services free?

There is no cost associated with your young athlete's visit to the athletic trainer. However, if the athlete requires further treatment from another UPMC Sports Medicine expert, from your family physician, or from an emergency department, those visits will come at their typical costs. For reference, UPMC Sports Medicine accepts all major insurances.

We Build Better Athletes

Whether you're a professional athlete, a weekend warrior, or a young athlete, UPMC Sports Medicine provides world-class care to help treat and prevent sports-related injuries and training programs to improve all aspects of athletic performance. Young or old, professional or amateur, UPMC Sports Medicine has the expertise, advanced technology, and services to make a difference in your care.

Our Services:

- ACL Program
- Athletic Training
- Center for Young Athletes
- Concussion Services
- Imaging Services
- Sports Performance
- Physician Services
- Physical Therapy
- Sports Nutrition

Contact Us

To learn more about our services, or to schedule an appointment, visit UPMCSportsMedicine.com or call 1-855-93-SPORT (77678).