

Join Us



Prevention and Management of Injuries in High School and Youth Sports

Wednesday, April 11 – 7:30 a.m. to Noon
UPMC Club, Heinz Field

UPMC Sports Medicine presents a free sports medicine education program hosted by the Pittsburgh Steelers® for school and community-based coaches, athletic directors, and athletic trainers. Learn about sports injuries among high school and youth athletes, including signs and symptoms of overuse injuries and concussions, injury prevention tips, treatment options, and how UPMC is helping patients recover and safely return to sport.

Featuring special guest speaker Gold Medalist Amanda Kessel



Photo courtesy of The Players' Tribune

UPMC | SPORTS MEDICINE



Register by April 1 at heinzfield.com/sportsmedsymposium

Agenda

7:30 a.m. Registration/Breakfast

8:30 a.m. Welcome/Video Presentation

Mike Tomlin, Head Coach, Pittsburgh Steelers

Update on Clinical Management and Treatment of Concussions

Micky Collins, PhD, Executive and Clinical Director, UPMC Sports Medicine Concussion Program

9 a.m. Neck Strength and Concussions – Supporting Evidence to Include Neck Strengthening in your Workouts

Tori Kochick, DPT, Physical Therapist, UPMC Centers for Rehab Services

9:20 a.m. Active Warm-up for Youth Sports

Marcel Pastoor, Conditioning Assistant, Pittsburgh Steelers

9:40 a.m. Sport Bites – Easy Steps to Making Healthy Snacks for Athletes

Jeff Lucchino, MS, RDN, CSSD, Sports Dietician, UPMC Sports Medicine

10:10 a.m. Break

10:20 a.m. Emergency Action Plan for Coaches, School Administrators and Youth Organizations

William Love, ATC, UPMC Sports Medicine, Athletic Training & Development
(North Allegheny School District)

10:40 a.m. Overuse Injuries – Single Sport Athlete

Craig S. Mauro, MD, Orthopaedic Consultant, Pittsburgh Steelers

11 a.m. Concussion: A Patient's Perspective

Amanda Kessel, Women's Hockey Gold Medalist

11:30 a.m. Panel Discussion

- Amanda Kessel
- William Love, ATC
- Micky Collins, PhD
- Marcel Pastoor
- Jeff Lucchino, MS, RDN, CSSD
- Tori Kochick, DPT
- Craig S. Mauro, MD

Noon Adjournment/Tour of Heinz Field (Optional)

Agenda subject to change.