

UPMC Sports Medicine Offers Free Information for Athletes and Active People... In Your Inbox

During every athletic season, UPMC Sports Medicine and its athletic training department support more student athletes than any other sports medicine program in our region. Their experts help young athletes improve performance and recover from injury.

But with services that range from physical therapy, orthopaedic surgery, and sports performance, to nutrition and mental training, UPMC Sports Medicine has the expertise to treat athletes and athletic people of all ages. And now they are sharing their knowledge with you with a new e-newsletter.

Each quarter the e-newsletter includes helpful tips on seasonal training, conditioning, and injury prevention for young athletes, their parents, and any active people. It's free and it takes only moments to sign up to receive it by visiting <http://campaigns.upmc.com/sportsmedicine/>.

To find out more about the services offered at UPMC Sports Medicine visit <http://sportsmedicine.upmc.com> or call (412) 432-3600. UPMC Sports Medicine –official sponsor of the WPIAL.