



Best Sports Medicine Practices

FNF Magazine will feature the premier Sports Medicine facilities and practices across the state.

The purpose of this feature is to showcase the state's pioneers in sports medicine to parents, coaches and students.

FNF's objective is to inform and educate the reader on the many ways sports medicine practices are changing the game of football for the better and are committed to ensuring today's student-athletes receive the best treatment and care available.

FNF's goal is to partner with Sports Medicine practices that are willing to share their expertise in the print and digital pages of FNF magazine.

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FNF PRESENTS BEST SPORTS MEDICINE PRACTICES

Confronting Concussions

THE START OF FOOTBALL SEASON MIGHT AS well be marked with a national holiday, with the sudden onset of fatigue and fatigue inquiries. The excitement of the high impact is often made as the more visceral by the dangers associated with the sport. With plenty of attention being paid to injuries during athletes' careers, but often the residual effects of the contact sport are ignored, or worse yet, remain entirely unrecognized. But no longer — as per a recent study from the Department of Veterans Affairs and Boston University, 87 out of 93 former NFL players tested positive for degenerative brain disease chronic traumatic encephalopathy (CTE).

A career in professional football clearly raises the odds of contracting this debilitating disease, whose side effects include memory loss, impaired judgment, depression, and, eventually, progressive dementia. Unfortunately, CTE can only be diagnosed after death. Those suffering from the disease develop an abnormal amount of a protein called tau, which is capable of disabling neural pathways that are responsible for functions like memory, judgment, and fear.

The 93 brains, all of which were donated posthumously to science, were already suspected of showing signs of CTE, which certainly skewed the results of the data set. Still, those findings come as no surprise to scientists, who have long noted the prevalence of CTE among NFL athletes.

"People think that we're blowing this out of proportion, that this is a very rare disease and that we're sensationalizing it," Ann McKee, chief of neuropathology at the VA Boston Healthcare System, told PBS. "My response is that, where I sit, this is a very real disease."



Side effects of CTE include memory loss, impaired judgment, depression and progressive dementia

"We are dedicated to making football safer and continue to take steps to protect players, including rule changes, advanced sideline technology and expanded medical resources," the league asserted in a statement responding to the latest findings. "We continue to make significant investments in independent research through our gifts to Boston University, the National Institute of Health and other efforts to accelerate the science and understanding of these issues."

Already, the NFL estimates a reduction in concussions of between 28 and 35 percent since 2013, certainly an improvement, though still not a complete solution. But the league has promised to continue its efforts to keep players safe, NFL

The Upledger Institute Clinic

Upledger Institute Clinic is recognized with Dr. Sicily Williams Foundation and the Dr. John E. Upledger Foundation announced the start of their second concussion therapy research program aimed at treating current and former members of the NFL and the Canadian Football League.

Designed for football players with a predisposition to Chronic Traumatic Encephalopathy (CTE), the five-day intensive clinical program begins on Sept 21 at the headquarters of Upledger Institute International in Palm Beach Gardens, Florida. The intensive manual therapy program utilizes Craniosacral Therapy, "Vertical Manipulation and Neural Manipulation."

Craniosacral Therapy is a gentle, hands-on treatment modality that releases tension deep in the body to relieve pain and dysfunction and improve whole-body health and performance. The objective of this study is to demonstrate that advanced therapeutic interventions by certified, licensed manual therapists will help to alleviate the symptoms of post-concussion syndrome.

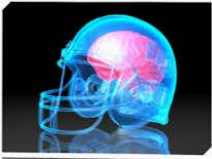
In total, the latest study examined 165 brains of former players. 131 showed evidence of CTE, for a total of 79.4 percent. In the NFL, the frequency was 96 percent.

spokesman Brian McCarthy wrote in an email to the Associated Press. "We all know more about this issue than we did 10 or 20 years ago and will continue to learn as more research is conducted and discussed by the medical community. But we are not willing to make the game and players safer. We have been and will continue to make improvements."

The NFL is at an all-time high in popularity and it would be a shame to not have the players out there competing every week, but the NFL has to make sure the game is safe and not hurt in the head, and make sure players are getting the best treatment they can receive.

Trying to create awareness, actor Will Smith will be starring in a movie premiering in December called "Concussion" and the football world with an article in the journal Neurosurgery declaring his discovery of CTE in the brain of former Pittsburgh Stealers center Mike Webster.

Brain disease is to be taken seriously, and the football community has to become more involved with these issues.



In a recent study, 87 out of 93 former NFL players tested positive for CTE.

In total, the latest study on the association between CTE and football examined 165 brains of former players, some of whom played only in high school, and others who made it into the big leagues. But evidence of CTE did not discriminate against success — of the 165 brains, 131 showed evidence of CTE, for a grand total of 79.4 percent. In the NFL, the frequency was higher still at 96 percent.

The NFL, which has repeatedly come under fire for its failure to address the long-term effects of injuries sustained during a player's tenure in the league, recently settled a lawsuit brought by thousands of ex-players that allows for up to \$5 million per retired athlete for serious medical ailments derived from repeated head trauma.

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