

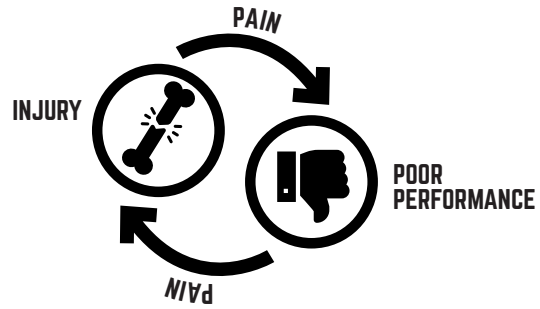
PERFORMING AT YOUR PEAK

MINIMIZE PAIN



MAXIMIZE RECOVERY

INJURIES LEAD TO A PAINFUL RECOVERY



99%

FOOTBALL PLAYERS HAVE INJURIES AT SOME POINT IN THEIR CAREER

VICIOUS CYCLE

OCCURS IN BEGINNERS TO PRO PLAYERS

EFFECTIVE PAIN MANAGEMENT IMPROVES

ON FIELD LIFE

OFF FIELD LIFE

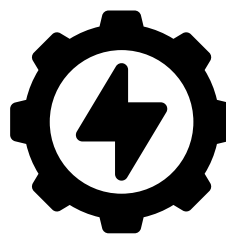
BETTER GAME PERFORMANCE



LOWER INJURY RISK



IMPROVED REACTION TIME



INCREASED ENERGY



LOWER RISK OF MENTAL HEALTH PROBLEMS



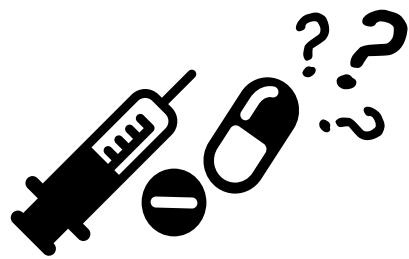
IMPROVED SLEEP QUALITY

HOW TO EFFECTIVELY MANAGE PAIN...



KNOW WHAT YOU TAKE

- Prevent Making Mistakes
- Avoid Medical Emergencies



PLAN LIFE AFTER FOOTBALL

playerstrust.com
OR
+1 866-725-0063



ACCESS ONLINE RESOURCES

nflpa.com/injuries
OR
Scan the QR code

