

Advancing the Future of Orthopedics

Youth Fitness and Sports Participation

Since the sports medicine program at the University of Wisconsin School of Medicine and Public Health was founded in 1974, clinicians and researchers have studied injury prevention and interventions that allow for safer and faster return to sports and activities.

Because of this long-standing commitment to sports medicine research and education, the Department of Orthopedics and Rehabilitation has established an infrastructure to conduct longitudinal studies of youth athletes. Substantial funding is needed for studies on the following:



Sports-Related Concussions

- Lower-extremity injury in youth athletes following a sports-related concussion
- Health-related outcomes following sports-related concussions with and without access to school-based licensed athletic trainers
- The impact of sports-related concussions on continued sports participation

Injury Prevention and Sports Participation

- The efficacy of a modified injury-prevention exercise program to reduce injuries in adolescent athletes
- Physical, emotional and psycho-social factors that lead to discontinued sports participation and reduced physical activity
- The adverse effects of lower-extremity injuries on continued sports participation and long-term joint function

The long-term ramifications of these studies are substantial, yielding cost-effective intervention strategies to decrease injury and sustain physical activity throughout a patient's lifetime.

Philanthropic funding goal: \$1.5 million

To learn more about the Department's school- and community-based research initiatives, or to make a contribution online, please visit ortho.wisc.edu/giving or contact:

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It Starts With You

YOUR GIFT HELPS PATIENTS AND FAMILIES
AND SUPPORTS RESEARCH