

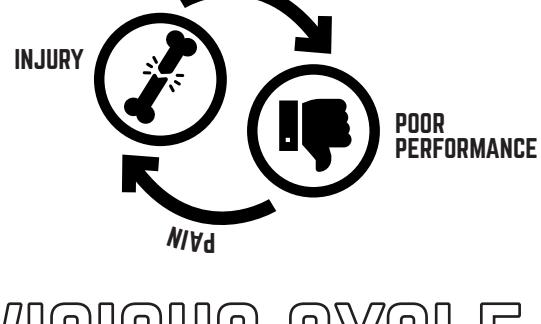
PERFORMING AT YOUR PEAK

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

BETTER GAME
PERFORMANCE

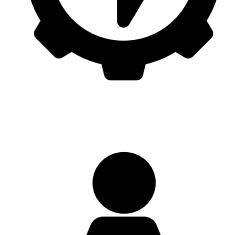


ON FIELD LIFE

LOWER
INJURY RISK



IMPROVED
REACTION TIME



OFF FIELD LIFE

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

