

THE 6TH ANNUAL ATHLETIC TRAINING SPEAKER SERIES & RECOGNITION CEREMONY

MONDAY, FEBRUARY 20, 2017 AT 7:00 PM

HUH AUDITORIUM, SLU CENTER FOR GLOBAL CITIZENSHIP

FREE OF CHARGE AND OPEN TO THE PUBLIC

CHANGING THE PARADIGM

Can Taking Football Helmets Off Reduce Head Injuries?

For years, the medical community has been working to find a way to combat the risks of head injuries in popular sports such as football. Recently, the immediate and long-term dangers involved with head injuries in sports has been highlighted in popular culture as well with the release of the movie Concussion, a film based on Dr. Bennet Omalu discovering the brain disease Chronic Traumatic Encephalopathy (CTE), and notable organizations such as the National Football League (NFL), Under Armour and GE among others supporting research of how to prevent head injuries.

While many of the efforts to reduce head injuries in football rely on changing existing head protection, Dr. Swartz has developed a method that is doing just the opposite: taking the head protection off of the athletes. Dr. Swartz's Helmetless Tackling Training – or HuTT[®] Technique – involves removing the helmets during controlled tackling drills in football practices. The technique, which was inspired by the time Dr. Swartz spent playing rugby, forces players to focus on proper tackling technique in practice and makes players more likely to keep their heads out of harm's way during games when they are wearing helmets. The HuTT[®] Technique has been in place at the University of New Hampshire since the 2014 football season and Dr. Swartz was recently awarded a \$500,000 grant from the Head Health Challenge II (part of a head health collaboration between the NFL and GE intended to accelerate concussion research) to expand the study's scope to include football players multiple New Hampshire high schools.

PANEL DISCUSSION TO FOLLOW



Jim Anderson
Athletic Trainer
Washington University



Andy McCollum
Super Bowl Champion
St. Louis Rams



Scott Pingel
Head Football Coach
Christian Brothers College HS



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For more information, call (314) 977-8561
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This event is supported by the SLU Student Government Association.



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