

*Note: Green text is **Jackson**,.....*

Guest Introductions:

Name: Joe Rogowski

Job Title:

Company:

Years in Profession:

Details, awards, anything else you want us to mention:

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***Show Intro:* What's up y'all and Welcome to the Sports Medicine Broadcast, #205 Keeping NBA Athletes' Health a Priority ”**

***Topic:* This week our guests are...**

Introductions: I am your host **_Jeremy Jackson_**,
and with me today is _____

join our conversation:

sportsmedicinebroadcast.com

#TheSMB

sportsmedicinebroadcast.com/Rogowski

Links to those are on our website.

Topics:

Mr. Rogowski can you give us a brief history of your Athletic Training career?

Tell us what it means to be Director of Sports Medicine for the NBA Players Association

What are some of the health concerns you are currently working on?

What are you doing to combat those long term injuries?

What are some things that have already been done to put the athlete's health first?

What nutrition education are you having to do?

Discuss sleep concerns for NBA players?

What's your biggest roadblock to change?

What are your thoughts on HS athletes playing on AAU teams, summer league teams,

open gym, HS teams.

sportsmedicinebroadcast.com/Rogowski

Contact Joe Rogowski:

joe.rogowski@nbpa.com

Resources:

Partner:

School Health - sportshealth.com/smb

March: Bubba

April: Frio

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Medicine Broadcast**

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- [Sports Medicine Update](#) - **Memorial Hermann**

Contact US:

via our website:

www.sportsmedicinebroadcast.com

Watch live almost every Wednesday on our website

and join in the conversation by following the links

Follow us on twitter: @PHSSportsMed

For Jeremy, ____ that's a wrap

TWEETS:

I was kinda lost when I graduated so I started volunteering my time - Joe Rogowski on #TheSMB

Cardiac problems are the concussion of football. - Josh Yellen on #TheSMB

A lot of the NBA guys struggle with cardiovascular disease when they retire - Joe Rogowski on #TheSMB

EVERY TIME I had a chance to work a different sport I did so that i had experience with it. - Joe Rogowski on #TheSMB

Being time efficient is crucial because we work in a constantly changing environment - Joe Rogowski on #TheSMB

Being able to control your squat is a great way to prevent injury - Joe Rogowski

#TheROGO

I use data to help bridge the gap between experts and the practicing ATs and strength coaches.

Let's do research to drive our decision making...ekg for example

Achilles tendon ruptures are on the rise in the NBA so let's find out why?

A lot of athletes are becoming specialized dont learn all the movement patterns from other sports.
#CrossTrain

What evidence based issues are you seeing in the NBA? Dr. Yellen @UofHMAT

Chicken, fish and vegetables everyday after games or practices...the guys loved it, it was killing me - Joe Rogowski on #TheSMB

European players don't have the same regulations [supplements] as in the US - Joe Rogowski on #TheSMB

As long as you're eating healthy food you don't need to take supplements - Joe Rogowski on #TheSMB

Sleep is everything - Joe Rogowski on #TheSMB

Hot tub for 5 minutes after the game to activate the parasympathetic nervous system to help wind down for better sleep - Joe Rogowski on #TheSMB

More is not always better - Joe Rogowski on #TheSMB