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IAAM, Towson Sports Medicine form partnership

By Katherine Dunn

10:56 AM EDT, September 26, 2012

The Interscholastic Athletic Association of Maryland has formed a partnership with Towson Orthopaedic Associates and Towson Sports Medicine to provide injury prevention services and education to the girls who play sports in the IAAM.

“We try to connect with those organizations that have the same mission and the same journey we’re taking and this seemed like a good fit,” said Sue Thompson, executive director of the IAAM. “We’re excited about it and I know they’re excited about it. It means better opportunities for our girls and it will enhance their athletic experiences.”

One of the first products of the partnership will be a “Tips from the Athletic Trainer” feature for the IAAM and the Towson Sports Medicine websites. The segments, in print and video, will be produced by student athletes along with the Towson Sports Medicine athletic trainers.

The tips won’t be aimed only at the student athletes, said Brian Perez, head athletic trainer at Towson Sports Medicine.

“We want to educate female athletes about such things as the importance of stretching, hydration, not overtraining and what to do in the event of a concussion,” Perez said in a news release. “The more we can educate girls and their families, the more it will benefit women’s sports down the road.”

Thompson said nearly all of the 31 schools whose teams play in the IAAM have certified athletic trainers on staff or work with an organization such as Towson Sports Medicine to provide athletic trainers for their teams. Perez works with girls at Lutheran, Maryvale and Mercy and surgeons from Towson Orthopaedic Association are team physicians at seven member schools.

The relationship is an evolving one, Thompson said. More schools may add athletic trainers from Towson Sports Medicine and their trainers may cover the IAAM championship events.

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WBAL PLUS 10:30PM
CSN 11PM

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“They may provide more services to our student base and our athletic trainers throughout the year,” Thompson said. “Again, the preventive education pieces seemed like a great opportunity for our athletes to learn some different things.”

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