



Instilling Confidence in Professional Football Trainers and Players

How the Fluoroscan[®] InSight[®] FD Mini C-arm system impacted a National Football League team

As the head athletic trainer for a professional football team, John Norwig couldn't imagine doing his job without a mini C-arm system. With nearly 40 years of experience in the sports medicine industry, he shares how the Hologic Fluoroscan[®] InSight[®] FD mini C-arm system has impacted his work and his players.



John Norwig, M.Ed., ATC
Head Athletic Trainer
National Football League (NFL)

For more information, contact your Hologic representative.

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An Invaluable Piece of Equipment

In the National Football League (NFL), injuries are an inevitable part of the fast-paced and hard-hitting sport. As such, player wellbeing and safety are critical to a team's success in a league where one game can change the course of a season. Training and practice can only do so much to prepare players for in-game experiences, so teams need modern medical solutions for when injuries do happen. For John Norwig's organization, the Fluoroscan[®] InSight[®] FD Mini C-arm system is essential, especially for cases involving the extremities.

"I think it's an invaluable piece of equipment for us," said Norwig. "For the extremities, we have been very pleased with the performance of the unit we have. It makes us more efficient as far as the sports medicine team is concerned."

Treating professional athletes on a daily basis, Norwig's work directly impacts the careers and livelihoods of players. In a full-contact sport like football, the system ensures Norwig can be effective and efficient when it comes to player safety and treatment decisions.

"I really believe that the system is essential to my job and to our team. It's a big help to our physicians when making the appropriate decisions as far as player participation and return to play. It's a great device. I couldn't imagine working somewhere and not having a mini C-arm."

Speed and Safety for Any Situation

Over the course of the regular season, NFL teams only have 16 games to position themselves for a playoff run. With typically only one week of rest and practice in between games, player injuries can quickly derail a championship contender's season. When it comes to diagnosing and treating a player's medical issues, time is of the essence.

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"There's no question that a mini C-arm gives you immediate feedback. The Hologic unit that we have is simple to use, so you have an answer in a matter of seconds. You have more information to help guide you in providing appropriate care for the athlete and I think it helps our athletes to be seen immediately in our facility rather than having to wait to get an x-ray."

As the head athletic trainer, Norwig prioritizes player safety above all else and credits the mini C-arm system for providing accurate and immediate insights.

“It’s about getting the players back on the field safely, but not prematurely. We want to do it as quickly as possible with the element of safety being the number one concern. If somebody gets a hand or foot contusion, or has an ankle sprain or hurts their wrist or elbow, the system gives us an opportunity to take a quick look at the joint and see if there is any type of abnormality.”

Norwig utilizes the Fluoroscans® InSight® FD mini C-arm system for a wide variety of cases involving the extremities, as well as at different points during a player’s recovery.

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“If a young man sprains his ankle and we treat him for a few days but it doesn’t seem to be getting any better, we can put him under the mini C-arm to take a look and perhaps discover that he’s fractured the base of his fifth metatarsal.

Not only is that good for diagnostic purposes, but then after the athlete has a surgical repair we can use the system to see if in fact the bone is healing,” explained John Norwig. “The other thing that you can do, which is unique to a

fluoroscopy unit, is that you can look at the motion to see if the joint itself is unstable in a finger for example, see if it will dislocate on its own because of some tendon or ligament injury.”

Ensuring Player Confidence and Trust

In addition to the modern operational features offered by the Fluoroscans® InSight® FD mini C-arm like the rotating flat detector and touchscreen interface, Norwig values the system for one of the more intangible components it provides: player confidence.

“I think it gives the player a level of confidence so that when they do return to action, they know that they’re either healed or that they have no joint subluxation. It certainly provides us with an opportunity to give the athlete the confidence that’s needed to return to the playing field.”

Having spent years as a certified athletic trainer, Norwig understands the importance of player confidence. He can attest to the way in which medical care and modern solutions help foster trust between players and the medical team through education.

“There’s always a level of trust that goes into healthcare. When an athlete can see their own body on the mini C-arm system, it provides them with an element of trust and education. It’s a great educational tool because you can show the athlete what the injury is and where it occurred, helping them have confidence in the care being provided.”

Applications for Any Sport

Although John Norwig has spent the last 29 years working in professional football, he certainly sees and understands the application of mini C-arm systems across various sports and athletic competitions.

“If someone injures a hand or a foot, whether it’s a gymnast or a basketball player or a cross country runner, a foot is a foot, a hand is a hand, a wrist is a wrist. You could use it in any sport.”



When it comes to diagnosing injuries, making treatment decisions and monitoring the healing process, the insights and information provided by the Fluoroscans® InSight® FD Mini C-arm system can benefit any and all teams or organizations.

“The images are sharp and clear, it’s easy to use, it gives us great information. I couldn’t image a professional team without some type of mini C-arm.”

Opinions expressed are solely those of the participants.