



JOSEPH O'PELLA

ASSOCIATE ATHLETIC TRAINER



NFL Experience: 19th Year (19th with Eagles)

College: Pittsburgh, California University of Pennsylvania Hometown: Philadelphia, PA

SUPER BOWL CHAMPION: 2017 (LII), 2024 (LIX)

Joseph O'Pella is entering his 19th overall season as a member of the Philadelphia Eagles' athletic training staff. He was promoted to associate athletic trainer during the 2018 offseason.

A recipient of the 2025 Honorary Ed Block Courage Award and the Tim Davey Assistant Athletic Trainer of the Year Award, O'Pella was recognized by his peers for his outstanding dedication to the Eagles organization and excellence in the field of athletic training. In 2024, O'Pella also contributed to an athletic training room that allowed Philadelphia to have all but one of its 22 Week One starters available to play in **Super Bowl LIX**.

Before he was elevated to his current post, O'Pella spent six seasons (2012-17) as an assistant athletic trainer with the Eagles. Prior to that, he was one of the club's athletic training assistants from 2010-11 and a seasonal athletic training intern from 2008-09.

As an assistant on one of the finest training staffs in professional sports, O'Pella was a member of a department that was recognized by their peers as the NFL's top training staff following the 2010 season.

Prior to joining the Eagles, O'Pella studied at California University of Pennsylvania in 2010 and received a master's degree in exercise physiology with a concentration in injury prevention and performance enhancement. He graduated from the University of Pittsburgh in 2007 with a bachelor's degree in rehab science with a concentration in athletic training.

A member of the National Athletic Trainers Association (NATA), O'Pella also belongs to the Professional Football Athletic Trainers Society (PFATS) and Pennsylvania Athletic Trainers Society (PATS).

O'Pella and his wife, Kelly, reside in Havertown, PA, with their twin sons, Joseph and Brock.

CAREER TIMELINE		
Years	Team	Position
2018-	Philadelphia Eagles	Associate Athletic Trainer
2012-17	Philadelphia Eagles	Assistant Athletic Trainer
2010-11	Philadelphia Eagles	Athletic Training Assistant
2008-09	Philadelphia Eagles	Athletic Training Intern