



Harbor Beach Medical Clinic
230 S. First St
Harbor Beach, MI 48441
(989) 479-3291



HARBOR BEACH COMMUNITY HOSPITAL
LAKEVIEW EXTENDED CARE & REHAB

Football takes a toll on the body, even with proper training and safety gear. Here are some of the most common football injuries that keep players sidelined.



Dr. Nicklaus Bradley
Family Medicine



Dr. Laura Parks
Family Medicine

What Are the Most Common Football Injuries?

Port Hope Medical Clinic
4255 N. Lakeshore Rd
Port Hope, MI 48468
(989) 428-1000



Danielle Brown, BC-FNP
Family Medicine

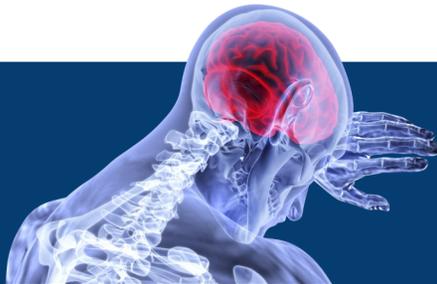
While high-contact sports like football have a higher risk of injuries than other non-contact sports, there are ways to make the game safer.

Concussions

A forceful blow to the head or body can cause the brain to shift within the skull. This can cause brain bleeding, bruising, and chemical changes that cause cognitive impairments, behavioral changes, and balance and coordination problems, among other symptoms. A player who experiences multiple concussions (even mild ones) has an increased risk of permanent damage.

Signs of a concussion include confusion, headache, dizziness and sensitivity to light and sound.

Symptoms can be immediate or develop and worsen in the hours and days following the initial trauma. Any player who may have sustained a head injury should be screened for a concussion. Early treatment for concussions is associated with a faster recovery.



Sprains and Strains

Sprains:

A sprain is an injury in which the ligaments connecting bones overstretch or tear completely. A football sprain can occur when a joint is forced out of position through a fall or tackle. Ankle sprains and knee injuries are the most common.

Strains:

Strains are injuries to muscles or the tendons that connect muscle to bone. If these stretch too far, they can partially or fully tear. Football players are prone to several types of strains.



What Are the Most Common Football Injuries?

- Concussions
- Broken Bones
- Sprains
- Strains
- Shoulder Injuries

Injury Prevention in Football Players

- Schedule a pre-season physical
- Stay active all year round
- Stretch before and after activity
- Take time to rest and recover
- Wear all safety equipment

HBCH your Level 4 Trauma Center