

MOST COMMON FOOTBALL INJURIES

Dislocations & ACJ Tears in the Shoulder

Many players throw their weight into their opponent when tackling. The point of contact is often the shoulder. Like an ACL injury in the knee, the shoulder may also have a torn ligament from the impact. In the shoulder this is called an ACJ injury or Acromioclavicular Joint injury. If this area injured and not fixed this may cause ligaments to weaken. Over time this may also cause the joint to dislocate. A dislocation is when the ball joint separates from the socket.



Heat Injuries

Intense physical activity can result in excessive sweating that depletes the body of salt and water. A problem that many football players overlook is dehydration.



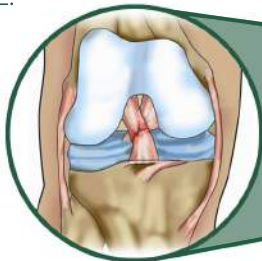
Back Injuries

The wear and tear from playing football may also lead to a range of back injuries such as pulled muscles, or disc herniation.



ACL Tear in the Knee

Common sports injuries that you may hear about often are ACL injuries. The ACL, or Anterior Cruciate Ligament, is one of the most common locations for football trauma. Even low impact injuries to the knee joint can cause a partial tear or damage to the ACL.



Sprains

Sprains are also an injury seen in football players due to the quick motion of running and shifting direction while wearing cleats. Proper treatment can get players back on the field 50% faster!



Ortho
FirstTM
By Fox Valley Orthopedics

Same day care for same day orthopedic injuries.

A trip to the ER is expensive and time consuming. Orthopedic injuries that are seen at the local ER end up being referred to our doctors.

Because we are dedicated to providing the best, most cost effective experience we can for our patients, we now offer OrthoFirst. OrthoFirst is our walk-in clinic where you can be seen by one of our orthopedic specialists on the same day as your injury. We treat broken bones, sprains, strains, muscle injuries, joint injuries, sports injuries, dislocations, and work related injuries.

TIPS TO PREVENT FOOTBALL INJURIES

Pre-Season Physical & Baseline Concussion Test



All players should have a pre-season physical with their primary doctor to determine their readiness to play. It is an important step to uncover any condition that may limit participation. During your appointment your doctor will also administer a Baseline Concussion Test.

Pre-Workout Warm Up



Always take time to warm up your body before exercise or sports. It is especially important to warm up your hips, knees, thighs and calves. Research studies have shown that cold muscles are more prone to injury. Warm up with jumping jacks, running, or walking in place for 3 to 5 minutes.

Staying Fit & Preventing Overuse



Many players overuse their bodies by playing sports year round without a break. This is very dangerous and will lead to a very short athletic career. Be sure you are in good physical condition at the start of football season. During the off-season, stick to a balanced fitness program that incorporates aerobic exercise, strength training, and flexibility. Gradually increase your activity level and slowly build back up to a higher fitness level as football season approaches.

Hydration



Keeping properly hydrated is one of the most important steps all athletes need to take. When working out or playing, athletes should only drink when thirsty. Don't replace water with sugary sports drinks such as Gatorade, focus on drinking water when needed.

Presenting Doctor



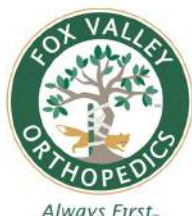
Dr. Timothy Petsche is the team physician for the Batavia Bulldogs football team. He is also an orthopedic sports medicine surgeon at Fox Valley Orthopedics.

Rest & Rehab



One of the most important things that a healthy, uninjured athlete needs is rest. Prior to practice or a game day it is imperative to have the recommended amount of sleep the night before.

Post-injury rest becomes even more important. Athletes often avoid sitting out of a game or practice at all costs. Unfortunately, this can cause long-term damage and escalated injury rates. Resting and rehabbing the body is important to the long-term success and career of any athlete. Know when to rest and do not participate in practice or game day until an injury or suspected injury is fully rehabbed or healed.



Our Doctors are also the Official Team Physicians for:

