

Injuries That Occur In Football

Football players get many injuries, some of the injuries are not that bad but some of them will last a lifetime. While you read this, you will be learning about a few different sport injuries. These injuries occur in the knee, head, and shoulder.

Some injuries that occur in the knee are Anterior Cruciate Ligament (ACL) tears, and Medial Collateral Ligament (MCL) tears. ACL injuries are the most common major knee injury that happens in football. These injuries generally require surgery for the player to come back to the sport. Without surgery players are unable to come back to football. The MCL keeps the knee stable, an MCL tear can happen when the lower leg twists or bends out too far. It can also happen when the outside of your knee is hit causing it to bend unnaturally. An MCL tear usually heals in one to six weeks, if you rest the joint. Most people need rehab to get back to football.

The next injuries occur in the head. They are concussions and Chronic Traumatic Encephalopathy (CTE). Concussions are very common in the world of football. They happen when you hit your head too hard. They are a minor brain injuries. When you have too many concussions, they can lead to CTE. CTE progresses and gets worse over time. It is a horrible form of encephalopathy, it can only be diagnosed after someone dies. It happens in people that have many of concussions and other brain

trauma. Some symptoms of CTE are impulsive behavior, difficulty thinking, depression or apathy, substance abuse, emotional abuse and much more.

The last injuries occur in the shoulder. These injuries are dislocations and shoulder fractures. Shoulder dislocation is a frequent injury in football. These injuries happen a lot of the time because players are always colliding. To fix the injury you usually start off with putting it in a sling and icing it four to eight times a day. If it is still dislocated after that the doctor will have to pop it back in place. On rare occasions you might have to have surgery. Shoulder fractures happen when you fall on the shoulder in contact sports (football), treatment for fractures can vary. One of the treatments is wearing a sling for three to eight weeks, or surgery. The surgery may include putting metal plates in it and screws or wires and sutures. This is usually only needed when the pieces of bones are severely out of place.

A bunch of injuries occur in sports, but these are just a few. Football is a brutal sport. A lot of people only play when they are kids because they don't want to be messed up when they are older. It is their decision if they want to take the risk of playing a sport like that. They have to remember that they can get CTE, fractured shoulders, ACL tears, concussions, dislocations, MCL tears and many other injuries. Football is a great sport to watch. People that are playing the sport like it, but it is up to them if they want to get hurt or not. It is a gamble and a gamble a bunch of people take.