

# Injury Prevention & Risk Awareness



World-Class Team. Hometown Choice.



Helping Lacrosse Athletes Stay Healthy & Competitive

## Common Injuries by Position

### ATTACKERS

Shoulder, wrist, knee, and ankle injuries from shooting, cutting, and rapid movement.

### DEFENDERS

Contact-related injuries involving the shoulders, hands, knees, and ankles.

### MIDFIELDERS

Overuse injuries, muscle fatigue, hamstring strains, shin splints, and lower-body stress injuries.

### GOALIES

Wrist, hand, hip, groin, and knee injuries from reaction-based movement, repetitive loading, and direct ball impact.

## Boys' Vs. Girls' Lacrosse

### BOYS

More physical contact and checking can increase shoulder, rib, wrist, hand, and concussion injuries.

### GIRLS

Girls' lacrosse athletes experience higher rates of noncontact injuries related to sprinting, cutting, pivoting, and repetitive movement, including knee injuries and ACL tears.

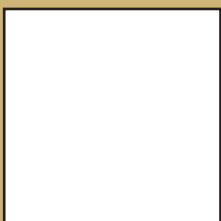
### BOTH

Both boys' and girls' lacrosse athletes commonly experience concussions, ankle sprains, muscle strains, overuse injuries, and shoulder or knee injuries. Heat illness, dehydration, and overexertion can also increase injury risk during preseason conditioning and tournament play.

## Acute Vs. Overuse Injuries

	ACUTE	OVERUSE
<b>HOW IT HAPPENS</b>	Sudden injury from contact, falls, twisting, or collisions	Gradual injury caused by repetitive stress, overtraining, or poor recovery
<b>SYMPTOMS</b>	Sharp pain, swelling, instability, and bruising	Persistent soreness, stiffness, and fatigue
<b>EXAMPLES</b>	Concussions, ankle sprains, ACL injuries, and shoulder dislocations	Tendinitis, shin splints, and stress fractures
<b>OFTEN SEEN IN</b>	Competition and contact situations	Repetitive practices, year-round play, and inadequate recovery

Don't ignore overuse pain. Soreness that consistently appears during activity deserves evaluation.



For more information, please scan the QR code.

Exclusive Regional Doctors for



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[www.Tri-CountyOrtho.com](http://www.Tri-CountyOrtho.com)

# When to Seek Care



### Knowing When to Rest & When to Get Evaluated

The doctors at Tri-County Orthopedics are New Jersey's lacrosse injury experts, providing specialized care to help athletes recover safely and return to play with confidence.

#### “Walk It Off” Vs. “Get It Checked”

##### ✓ MONITOR AT HOME

Minor soreness, bruising, or muscle fatigue that improves with rest, stretching, hydration, and recovery.

##### ! GET EVALUATED

Seek medical evaluation for:

- Persistent swelling or instability
- Pain that worsens during activity
- Difficulty bearing weight
- Limited range of motion
- Joint popping or shifting
- Headache or dizziness after contact
- Pain lasting several days
- Any injury that worsens when play continues

##### ✗ RED FLAGS REQUIRING SAME-DAY CARE

- Visible deformity after injury
- Significant swelling immediately after injury
- Loss of consciousness or confusion
- A pop or snap heard at the moment of injury
- Neck pain following player contact
- Numbness or tingling
- Severe pain not improving with rest
- Difficulty breathing or chest pain

#### What to Expect at a Sports Medicine Visit

During a sports medicine visit, athletes receive a thorough evaluation focused on diagnosis, recovery, and return to play.

- 1 MEDICAL HISTORY**  
Review of symptoms, injury details, and athletic activity.
- 2 PHYSICAL EXAM**  
Strength, mobility, balance, and joint stability testing.
- 3 IMAGING IF NEEDED**  
X-rays or MRI may be recommended depending on symptoms.
- 4 TREATMENT PLAN**  
Personalized recovery guidance, return-to-play recommendations, and next steps for care.

#### X-Ray Vs. MRI

	X-RAY	MRI
<b>BEST FOR</b>	Fractures and bone injuries	Ligament, tendon, cartilage, and muscle injuries
<b>SPEED</b>	Typically completed in minutes	Longer imaging study
<b>RADIATION</b>	Uses low-dose radiation	No radiation
<b>COMMON USES</b>	Fractures, alignment issues	ACL tears, labral injuries, soft-tissue damage

**Not every injury requires imaging. When recommended, your doctor will explain which test is most appropriate and why.**

#### Concussion Warning Signs

- ! Headache or pressure in the head
- ! Confusion or memory problems
- ! Dizziness or balance problems
- ! Blurred vision
- ! Nausea or vomiting
- ! Symptoms that worsen over time
- ! Sensitivity to light or noise

#### Hurt Today? Treated Today.

We proudly offer our orthopedic Walk-In Clinic for patients over 12 years old with urgent needs at our Cedar Knolls location.

**Monday – Thursday:** 4:00 – 7:00 p.m.

**Saturday:** 9:00 a.m. – 12:00 p.m.

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