

Common Injuries by Position

ATTACK

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

DEFENSE

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

MIDFIELD

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.

Exclusive Regional
Doctors for



TRI-COUNTY
ORTHOPEDICS

Walk-In Clinic

When injuries happen, timely care matters. Our Walk-In Clinic provides prompt evaluation and treatment for bone, joint, muscle, and sports-related injuries to help patients recover and return to the activities they enjoy.

Our Walk-In Clinic combines expert orthopedic care with advanced diagnostic imaging to provide timely evaluations, accurate diagnoses, and personalized treatment recommendations.



Learn more about
our Walk-In Clinic.

For more information,
please scan the
QR code to visit our
lacrosse page.



TRI-COUNTY
ORTHOPEDICS

World-Class Team. Hometown Choice.

Tri-County Orthopedics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

www.Tri-CountyOrtho.com



Injury Prevention & Risk Awareness

Helping Lacrosse Athletes
Stay Healthy & Competitive

TRI-COUNTY
ORTHOPEDICS

World-Class Team. Hometown Choice.

Lacrosse athletes face a variety of injury risks throughout the season. Understanding common injuries, recognizing symptoms early, and knowing when to seek care can help support safer participation and recovery.

Injury Prevention Tips

Being that lacrosse is a fast-paced sport that requires speed, agility, and physical contact, injury prevention is an important part of every athlete’s game plan.

Simple habits go a long way. Warming up before practices and games, staying hydrated, maintaining strength and conditioning, using proper technique, and following the rules of the game all contribute to safer play. Be sure to report pain or symptoms early to help prevent minor issues from becoming serious injuries.

Concussions are among the most common injuries in lacrosse. Recognizing warning signs early can help support a safer recovery.

Concussion Warning Signs

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

Acute Vs. Overuse Injuries

	ACUTE	OVERUSE
HOW IT HAPPENS	Sudden injury from contact, falls, twisting, or collisions	Gradual injury caused by repetitive stress, overtraining, or poor recovery
SYMPTOMS	Sharp pain, swelling, instability, and bruising	Persistent soreness, stiffness, and fatigue
EXAMPLES	Concussions, ankle sprains, ACL injuries, and shoulder dislocations	Tendinitis, shin splints, and stress fractures
OFTEN SEEN IN	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.

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.

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.

X-Ray Vs. MRI

	X-RAY	MRI
BEST FOR	Fractures and bone injuries	Ligament, tendon, cartilage, and muscle injuries
SPEED	Typically completed in minutes	Longer imaging study
RADIATION	Uses low-dose radiation	No radiation
COMMON USES	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.

When to Seek Care

Knowing When to Rest & When to Get Evaluated



“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

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.

Tri-County Orthopedics complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.