

Lacrosse

Lacrosse is America's oldest game. It can be dated back to the Native Americans, and was used as training for war. It is both played by boys and girls, however, some rules are drastically different between genders. Nonetheless, the combination of contact, a stick, a hard ball, and quick changes of direction, puts lacrosse players at risk for injury.

Protective Equipment

There is a wide range of equipment that lacrosse players wear. For girls, goggles and mouth pieces are mandatory. Lightweight gloves and headgear is optional. For boys, helmets with full face guards, shoulder pads, padded gloves, and mouth pieces are used. It is most important for this equipment to fit properly. If equipment does not fit properly it can actually cause injury. There is no helmet which has been proven through research that prevents concussions.

What are the most common types of lacrosse injuries?

Contusions

Because of the nature of the sport, bruises or contusions are very common in lacrosse. Contusions are best initially treated with ice, compression, and elevation of the affected area.

Knee Injuries

Lacrosse players commonly injure their knees. Sprains of the medial and lateral collateral ligaments (MCL/LCL) occur. More serious injuries of the anterior and posterior cruciate ligaments (ACL/PCL) and to the menisci (cartilage of the knee) can also happen. These severe injuries usually require surgical intervention for treatment.

Shoulder Injuries

Lacrosse players are prone to sprains of the acromioclavicular joint (AC joint), which is located where the collar bone meets the shoulder blade. This is known as a "separated shoulder." This is not to be



confused with a "dislocated shoulder," which is when the shoulder comes out of socket. Dislocated shoulders are not common in lacrosse.

Concussions

Concussions are quite common in lacrosse. For more information, please refer to our concussion handout.

How can lacrosse injuries be prevented?

- Stay active year round
- Incorporate strength training and stretching into your normal routine
- Wear properly fitted equipment
- Hydrate adequately before, during, and after play
- Have one or two days off a week, in season
- Consult with a sports medicine professional or athletic trainer if you have any concerns about particular injuries or prevention methods