



Lacrosse Injuries

Lacrosse is America's oldest and fastest growing team sport. Played by both girls and boys of all ages, it is a fast paced, free flowing game. With its combination of speed, change of direction and contact, it can cause unique injuries to young athletes.

Girls and Boys Lacrosse

Although general concept of play is the same, girls and boys lacrosse is very different in regards to contact, protective equipment and injuries.

For girls, body-to-body contact is not permitted and stick checking must be directed away from the head and body. Protective goggles and mouth pieces are mandatory, while gloves and headgear are optional. Whereas, boys lacrosse is a higher contact sport, requiring helmets with full face guards, shoulder pads, padded gloves and mouth pieces.

What are the common injuries in lacrosse?

Overall, lacrosse is a moderate risk sport in which the vast majority of injuries are minor strains, sprains and bruises. However, more significant injuries can occur.

- Non-contact, ankle and knee ligament sprains, sustained while cutting and dodging
- Knee injuries, including anterior cruciate ligament (ACL) tears
- Muscle strains of the hamstrings, quadriceps and groin
- Head and face injury, including concussion, related to body-to-body or body to ground contact
- Shin splints from continuous running and changing field surfaces
- Abrasions on uncovered lower extremities
- Commotio cordis is very rare cardiac arrhythmia related to ball to chest contact

How are lacrosse injuries prevented?

- Know the rules and respect the game
- Stay in shape year round with a healthy combination of plyometric, conditioning and strength training
- Stretch and gradually increase the intensity of your workouts
- Hydrate regularly and get plenty of rest
- Wear equipment that is properly fit and in good working order
- Take at least one or two days off and one or two months a year away from lacrosse
- Report all injuries, decreasing training and intensity if pain or discomfort develops
- Have a well-established emergency medical plan
- Discuss your lacrosse goals and injury concerns with a coach, athletic trainer or health provider

Need immediate treatment for a lacrosse injury?

The Children's HealthSM Andrews Institute for Orthopaedics & Sports Medicine offers treatment for all sport-related injuries. Call to book your appointment today. With same-day and next-day appointments, we can get you in and back in the game.

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