

Management of Common Football Injuries

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- I. Stingers/Burners**
 - A. Relevant Anatomy
 - B. Mechanism of Injury
 - C. Presentation
 - D. On-field Assessment
 - E. On-field Management
 - F. Evaluation
 - G. Return to Play (RTP)
 - H. Definitive Management
- II. Shoulder Dislocations**
 - A. MOI
 - B. Reduction Techniques
 - C. Evaluation
 - D. Treatment
 - E. RTP
- III. AC Separations**
 - A. Anatomy
 - B. MOI
 - C. Presentation
 - D. Evaluation
 - E. Classification
 - F. Treatment
 - G. RTP
- IV. Elbow UCL Injuries**
 - A. Anatomy
 - B. MOI
 - C. Evaluation
 - D. Treatment
 - i. Throwers
 - ii. Non-Throwers
 - E. RTP
- V. Thumb UCL Injuries**
 - A. Anatomy
 - B. MOI
 - C. Presentation
 - D. Treatment
 - i. Operative
 - ii. Non-operative
- VI. Acetabular Labral Tears**
 - A. Cam vs. Pincer
 - B. MOI
 - C. Presentation
 - D. Evaluation
 - E. Treatment
 - F. RTP
 - G. Operative Interventions
- VII. Quadriceps Contusions**
 - A. MOI
 - B. Presentation
 - C. Evaluation
 - D. Treatment
 - E. RTP
 - F. Complications
- VIII. Knee Collateral Ligament Injuries**
 - A. Anatomy
 - B. MOI - MCL
 - C. Evaluation - MCL
 - D. MOI - LCL
 - E. Evaluation - LCL
 - F. Treatment - MCL/LCL
 - G. RTP
 - H. Bracing
- IX. Ankle Syndesmotic Injuries**
 - A. Anatomy
 - B. MOI
 - C. Evaluation / Grading
 - D. Maissonneuve Fracture
 - E. Evaluation
 - F. Treatment
 - G. RTP / Bracing

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