

# What to know about some of NFL players' most common injuries

BY DENNIS WASZAK JR.  
AP PRO FOOTBALL WRITER

Touchdowns and torn ligaments. Hail Marys and hamstring pulls. Tackles and turf toe.

Injuries can play as big a role in an NFL team's successes or failures as the best game plans.

"That's part of the game," New York Jets coach Robert Saleh said after quarterback Aaron Rodgers was lost for the season with a torn Achilles tendon just four snaps into the 2023 opener. "You've got to go. I've said it before: No one really cares (about your team's injuries) at the end of the day."

But being able to navigate injuries to key players could make all the difference between a team seeing its season sink or making the playoffs.

Here's a look at some of the most common injuries suffered by NFL players throughout the season:

## ACHILLES TENDON TEARS

The Achilles is the longest and strongest tendon in the body and stretches from the heel to the calf. It's a springy band located behind the ankle and just above the heel that helps players push off their feet, jump and accelerate.

Due to overuse or excessive force placed on the tendon, it can tear or rupture. Surgery is typically necessary to reconnect the ends, sidelining a player for several months due to the extensive rehabilitation needed.

## ACL/PCL/MCL/LCL TEARS

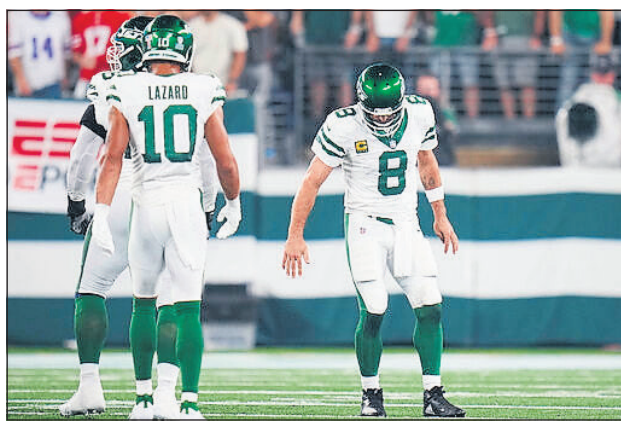
The anterior cruciate, posterior cruciate, medial collateral and lateral collateral ligaments are all located in the knee and serve different purposes.

The ACL connects the thigh bone to the shin bone in the front of the knee. While a sprain could sideline a player for a few weeks, a tear can end a season.

The PCL is located behind the ACL, crisscrossing it to form an "X" in the center of the knee. The MCL connects the thigh bone to the shin bone on the inner side of the knee, while the LCL connects the thigh bone to the top of the lower leg, or fibula, and is located on the outer side of the knee.

## CONCUSSIONS

A concussion is a brain injury caused by a hit to the head or a sudden movement that causes the head and brain to shake violently. Symptoms may include headaches, neck pain, nausea, dizziness and



AP Photo/Rusty Jones

New York Jets quarterback Aaron Rodgers (8) limps after a sack during the first half of an NFL football game against the Buffalo Bills on Sept. 11, 2023, in East Rutherford, N.J. Being able to navigate through injuries to key players could make all the difference between a team seeing its season sink or beating the odds and making the playoffs.

feeling sluggish.

The NFL has been regularly testing and upgrading helmets for players to help reduce the risk of concussions. Eight position-specific helmets for quarterbacks and linemen were approved by the NFL and the NFL Players Association in April.

Chronic traumatic encephalopathy, or CTE, is a degenerative brain disease that has been linked to concussions and can only be diagnosed posthumously. It can cause memory loss, depression and violent mood swings.

## HAMSTRING INJURIES

The hamstring is a group of four muscles that run along the back of the thigh, stretching from the hip to the knee, and they help a person bend their leg at the knee. These injuries vary in severity, and in turn, their timetable in sidelining a player.

A mild pull of one of the muscles, commonly referred to as a Grade I injury, can sideline a player for a few days to a couple of weeks and can be a lingering condition if not sufficiently rested and healed. A Grade II hamstring injury involves a partial tear, while a Grade III injury is a complete tear of the hamstring that could require surgery and is likely season ending.

## HIGH ANKLE SPRAINS

When a player suffers a high ankle sprain, the ligaments above the ankle — which connect the tibia to the fibula — are affected rather than the ligaments outside the ankle in a low ankle sprain.

High ankle sprains take much longer to recover from — six to eight weeks, and sometimes longer — than a classic ankle sprain, which might sideline a player for several days to a couple weeks.

## HIP POINTERS

The injury could sideline a player for a week or a couple of months,

a quarterback throwing a pass or a defensive back turning to defend a receiver. Oblique strains are usually treated with rest and could take a few weeks to heal, or could become a lingering issue otherwise.

## PATELLAR TENDON INJURIES

The patellar tendon allows a person to straighten a leg by acting with the quadriceps. Technically, it's a ligament because it connects the kneecap to the shin bone. Complete tears or ruptures often need to be surgically sewn back together and recovery is typically at least four to six months.

## PLANTAR FASCIITIS

An injury that affects the bottom of the foot and can lead to intense heel pain. Plantar fasciitis occurs when the ligament supporting the arch of the foot — the plantar fascia — is strained and worsens when small tears develop in the ligament. The injury can sap players of speed while they deal with it. Rest, icing of the arch and finding new footwear are among typical treatments. It can linger for months.

## TURF TOE

An extremely painful injury that can sideline players for months. It occurs when the ligaments under the joint of the big toe are sprained or ruptured as a result of the toe being hyperextended. The injury makes it extremely difficult to push off and cut while running.

## LEGAL

### NOTICE OF SALE OF FRANCHISE

By virtue of an ordinance heretofore passed by the City Council of Gratz, Kentucky, directing the advertisement for bids and selling of a franchise to use certain streets, alleys, and public grounds of the City of Gratz, Kentucky for the purpose of owning, operating, equipping and maintaining a system for the transmission and distribution of electric energy. The City Clerk of Gratz will on September 10, 2024, at or about 7:00 pm, sell at public auction to the highest bidder at the City Hall of Gratz, a franchise for the purpose set out. Said franchise is more particularly described and fully defined in a proposed ordinance granting and creating the same and said proposed ordinance defines the terms and conditions upon which said sale shall be made, the full text of which is available for inspection in the office of the Gratz City Clerk, 57 Harlan Street, Gratz, Kentucky. The ordinance by title and summary is as follows: ORDINANCE # 001-24. AN ORDINANCE ESTABLISHING A FRANCHISE AGREEMENT RELATED TO THE TRANSMISSION AND DISTRIBUTION OF ELECTRICAL ENERGY, AND THE PROVISION OF RETAIL ELECTRIC SERVICE IN AREAS HERETOFORE SERVED BY KENTUCKY UTILITIES COMPANY. Vera Goodrich, Gratz City Clerk Published, 07/26/2024

depending on the severity. A hip pointer is bruising in the pelvis and abdomen area, usually caused by blunt force, such as a hard tackle. The bleeding can affect several other muscles in the area, making it difficult for a person to run or even walk.

## LISFRANC INJURIES

A serious foot injury that can be career-threatening because of its complexity. A Lisfranc sprain or fracture is an injury in the middle of the foot in which at least one (or sometimes, all) of the small bones (or metatarsals) is broken or the ligaments that support the foot in that area are torn. Even a minor sprain not requiring surgical repair could take six to eight weeks to heal.

## MENISCUS TEARS

The meniscus is a crescent-shaped rubbery disc of cartilage that serves as a shock absorber on the inside and outer edges of the knee. Both help a person balance weight across the knee. When a meniscus is torn, the knee can lock up and swell. A minor tear can be treated with rest, but a severe tear could require surgery that may sideline a player for several weeks or months.

## OBLIQUE STRAINS

An oblique strain involves the muscles on the side of the body between the ribs and pelvis. This type of injury can occur when a player takes a hard hit to the waist area, or from overuse or sudden use of the muscles — for instance,

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# What do NFL roster designations actually mean?

BY DENNIS WASZAK JR.  
AP PRO FOOTBALL WRITER

Juggling rosters has become an artform for NFL general managers.

Between injuries during training camp and the regular season, constant evaluations of a team's current players and keeping an eye on other team's players who could become available, it seems there's constant shuffling by GMs looking to improve their roster.

Teams enter training camp with a maximum of 90 players who work through long, hot practices trying to prove they should be among the 53 that make the active roster heading into the regular season.

But there are other roster designations that fill the NFL's transactions wire daily. What do they all mean?

## INJURED RESERVE

Players are put on the reserve/injured list — more commonly referred to as IR — when they have a football-related injury and need to miss at least a few weeks. Players on IR don't count against the active roster, but their salaries count against the cap.

If a player is placed on this list before the regular season begins, he could miss the entire season unless — per a rules adjustment this year — they are designated to return during the roster cutdown to 53 play-

ers after training camp. Teams can designate up to two such players to return.

Players on IR need to miss a minimum of four games. NFL teams can designate up to eight players to return from IR during the regular season (and up to 10 if they make the postseason) and an individual player can be so designated twice.

Players designated for return from IR before the season count against a team's eight- or 10-player limit.

When a player is cleared to practice, a 21-day window begins and the player must be activated to the 53-man roster or be placed on season-ending injured reserve at the conclusion of that three-week period. They could also be released or traded.

## PHYSICALLY UNABLE TO PERFORM

Players put on the active/physically unable to perform list — or PUP — at the start of training camp have football-related injuries, like those on IR, but count against the active roster.

These players can participate in all team activities other than practice and can be activated at any point during camp when they are medically cleared.

A player can't be placed on the PUP list after he has practiced once or played in a preseason game.

## LEGAL

### Snow Removal and Maintenance Bids 2024-2025 Fiscal Year

The City of Owenton is taking bids for Snow Removal/Maintenance for fiscal year 2024-2025. Sealed bids will be accepted until close of business August 06, 2024. Bid will need to contain fee for snow/ice removal during the 2024-2025 winter season. Bid will need to also include the fee for doing general maintenance for the city for 8 hours/per week. Bidder must provide proof of liability insurance/workman compensation insurance. Bids will be open and awarded at the August 8th Council Meeting. Seled bids may be brought or mailed to City Hall, 220 South Main St Owenton, Ky 40359. A map of the route of city streets to be cleared of snow/ice is available at city hall. If you have any questions regarding this bid contact city hall at 502-484-2313.

## LEGAL NOTICE

In accordance with Chapter 65 and 424 of the Kentucky Revised Statues, the Annual Financial Report and supporting data may be inspected by the public at the Owen County Soil Conservation District office located at 205 West Perry Street between the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday, August 5 thru August 16, 2024. This advertisement was paid by Owen Co. Soil Conservation District using taxpayer dollars.

## LEGAL

### SECTION 00020 - ADVERTISEMENT FOR RE-BIDS

Owen County Industrial Authority, Inc.  
Owenton Industrial Park Build Ready Pad  
Owenton, Owen County, Kentucky  
Sealed bids for the construction of the Owenton Industrial Park - Build Ready Pad for the Owen Co. Industrial Authority will be received by Todd Woodyard, Owen Co. Judge Executive, until 2 p.m., local time, the 8th of August, 2024 and then will be publicly opened and read aloud. The bid opening address is the Owen County Judge Executive's Office, Owen County Courthouse, 100 N. Thomas St., Owenton, KY 40359. Technical questions to MSE of Kentucky at 859-223-5694. The work consists of earthwork and access for a 100,000-s.f. building pad and access road grade & drain at the Owenton Industrial Park. The CONTRACT DOCUMENTS with new revisions may be reviewed at the following locations: MSE Web Site: mselex.com under Bid Opportunities Owen Co. Judge Executive's Office, 100 N. Thomas St., Owenton, KY 40359 Copies of the Contract Documents may be obtained at the office of Lynn Imaging, 328 E. Vine St. Lexington, KY 40507. (859) 225-1021. A shipping/printing fee of \$200 is required. All orders must be prepaid. There will be a 24-hour turn-around on all orders. A certified check or bank draft, payable to the Flemingsburg-Fleming County Industrial Development Authority, government bonds, or a satisfactory bid bond executed by the bidder and acceptable sureties in an amount equal to five percent of the bid shall be submitted with bid. The successful bidder will be required to furnish and pay for the following: 1) 5% Bid Bond; and 2) A performance and payment bond for 100% of the contract price. Attention of bidders is particularly called to the requirements as to conditions of employment to be observed. Minority bidders are encouraged to bid. The Owner may consider informal any bid not prepared and submitted in accordance with the provisions of this advertisement and/or the specifications and may waive any informalities or reject any and all Bids. Any proposal received after the time and date specified shall not be considered and will be returned unopened to the proposer. Sealed bid should be labeled "Owenton Industrial Park Build Ready Pad and Access Road Grade & Drain". If mailed/shipped, bid should be enclosed in another envelope and addressed to: Owen Co. Industrial Authority, Owen Co. Judge Executive's Office, 100 N. Thomas St., Owenton, KY 40359. No Bidder may withdraw his Bid for a period of sixty (60) days after the actual date of the opening thereof. State and Federal Wage Rates do not apply to this project. Award will be made to the lowest, responsive, responsible bidder. Bidding is for the sole benefit of the Owen Co. Industrial Authority. The Owen Co. Industrial Authority is an Equal Employment Opportunity Employer.

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