

2010	Injury	Reports	By: Michele Schaefer Section 8	
	Injury	Cause	Treatment	Physician/Trainer
Section 1	None provided			
Section 2	Head (2)	1-fell on floor 1-goalie hit on head	-sat out -concussion	-no -yes
	Nose(3)	Hit with goggles	1-broken 1-fracture 1-bruise	-yes after -yes -no
	Fingers	Check	Ice	No
	Face	Tooth/lip	Ice	No
	Knee (5)	Sprints (1) twisted(2) ACL torn Fell	Torn ligaments ice (2) Surgery ice	Yes no Yes trainer
	Ankle (4)	Rolled	Ice/tape (2) Ice/no play 1 week	No (2) yes(2)
	Quad	Sprinting (pull)	Ice/wrap	no
	Arm (2)	Checked	Ice	No
Section 3	Head (10)	Dangerous follow through (2) Check (5) Ball (3)	Rest (8) Ice (1) Ice/Staples (1)	Yes (9) No (1) 6 concussions
	Knee (4)	Fell (2) (ACL) hit cap (2)	Surgery (1) rest/ice/wrap (3)	Yes (2)
	Shin splints (2)	Over use	New sneakers	No
	Ankle (9)	Twisted (9) –torn ligaments (1/9)	Rest/ice time off	Yes (3) no (6)
	Hip	Hit(1) groin pull (2)	Ice Ice/wrap	No no
	Finger (3)	Check (3)	Cast (1) ice/wrap	Yes (1) No (2)
	Foot (3)	Stepped on (2) rolled	Ice wrap	No
	Back	Chronic pain	Ice rest	No
	Hand	Hypothermia	Warm up	Trainer
	Lip	Hit with stick	Band-aid	No
	Shoulder (2)	Strain	Ice/wrap	Trainer
Section 4	Nothing provided			
Section 5	Nothing provided			
Section 6	Nothing			

	provided			
Section 8	Ankle sprain	Rest	Ice	Yes
	Stomach	Hit with stick	Ice/rest	Yes
	Knee (2)	Twisted	Rest-MRI	Yes (2)
	Head	Checked	Ice	Yes
Section 9	None provided			
Section 10	Knee (1)	Privote	ACL-surgery	Yes
	Thigh	Check	Ice/rest	Yes
	Head(3)	-tripped -collided -hit in goggles	-concussion/whiplash -concussion -headache	-yes -yes -no
	Ankle	Rolled	Ice	No
Section 11	None provided			