

## Back Panel Heading

Hockey is one of the fastest games in the world if not the fastest. Every player and coach should take the proper precautions and make sure they are using the equipment how it is intended to be used. Without doing so injury can and probably will occur more often.



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## Injuries in Ice Hockey!



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*What are the most common injuries in ice hockey and how you can prevent them from occurring.*

# Ice Hockey Injuries!

Injuries are always occurring in hockey. While in most sports injuries occur during practice, in hockey this is not always the case. While injuries do occur in practice, more often than not injuries will occur during a game. This happens because hockey is such a physical sport. Players are always hitting each other, and even if it is not to knock a player down the hit can cause a player to twist an ankle or a knee. Players also have to be aware of skates, sticks, and the doors that can possibly open around the rink. Anything can happen in a contact sport like hockey, but you should always be prepared as possible.



## Most Common Injuries

Some of the most common injuries in ice hockey are bruises, lacerations, concussions, sprained ankles and wrists, and pulled muscles or ligaments. Most of these injuries occur in many different ways, but some occur because of improper use of equipment. Some common injuries to watch out for are injuries to the knee, wrist, ankle, and shoulder. With out proper rehabilitation these injuries can keep coming back, and possibly end someone's playing days.

## Common Misuses of Equipment

Many players try using equipment improperly to give themselves an advantage of some sort, or because they find it more comfortable. Many younger hockey players wear their cages loosely. This is sometimes more comfortable, but it does not give them the proper protection. The cage could end up breaking their jaw, cause a concussion, or could cut their chin or possibly even their throat. Players also cut their pants so they have more movement with their legs. When they cut their pants this leaves the inside of a player's thigh vulnerable to sticks, pucks, or even skates. Many players also take pads out of their protective gear to make their pads lighter. While this may make you faster, it leaves you vulnerable in many places,



and as people have seen before hockey can be a very dangerous and unpredictable game. Some players do not wear mouth guards. Without mouth guards players can lose teeth or even suffer concussions that possibly could have been prevented.

