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**DANIEL A. CLEARFIELD, DO, MS, FAOASM**  
SPORTS MEDICINE & NON-OPERATIVE ORTHOPEDICS  
OSTEOPATHIC MANIPULATIVE MEDICINE  
REGENERATIVE MEDICINE  
CONCUSSION MANAGEMENT  
(817) 900-3539  
[WWW.MOTIONISMEDICINEDFW.COM](http://WWW.MOTIONISMEDICINEDFW.COM)

## Common Boxing Injuries

Boxing is one of the most physically demanding sports. It requires not only excellent cardiovascular conditioning but also muscle tone to withstand punches and throw them yourself. With any sport that involves throwing hard punches there is going to be a risk for injury to the person receiving the punches as well as the one throwing them. These are a list of common injuries you may face as a boxer as well as some information on how to best keep yourself protected so that you can reap the health benefits of being a boxer while minimizing the downsides of getting punched!



**1. Concussion:** As a result of either a blow to the head from a punch or hitting the mat with the head causing whiplash

**Symptoms:** dizzy, nausea, vomiting, headache, blurry vision, loss of consciousness, lack of balance

**What you should do:** Go see your doctor and stop activity, a second concussion can be very dangerous

**Timeline to return:** Typically people will recover in 2-3 weeks if the proper rehab is followed

**2. Boxer's Fracture:** Happens as a result of a punch to a hard surface fracturing the bones of the hand, most commonly of the ring/pinky finger

**Symptoms:** sharp pain, swelling, inability to move hand

**What you should do:** Stop the activity and go see your doctor. An X-ray may be needed to properly characterize it and determine management.

**Time to return:** Bone healing is about 6 weeks and then another 4-6 weeks to regain strength and range of motion



**3. Carpal Bossing:** The bones on the back of the hand overgrow causing a lumpy appearance from blows to the wrist and hands

**Symptoms:** painful or painless bump, can be aggravated by flexion or extension

**What you should do:** If the symptoms bother you, a doctor may use a splint or possibly a corticosteroid or nerve injection to calm down the inflammation.

**Time to return:** Recovery can be as little as a week or as long as 6 weeks





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**4. *Shoulder Dislocation:*** Occurs from throwing a wild punch or from a strong blow to the shoulder

**Symptoms:** sharp pain, significant swelling, bruising, arm feeling out of place, pressure

**What you should do:** Go see a doctor to have the arm put back into the shoulder joint. They may elect to have imaging done to check for fractures, ligamentous, and/or labrum damage

**Time to return:** 3 weeks to months if surgery is done

**5. *Scrapes and lacerations:*** These happen all the time in boxing from the friction with glove contact

**Symptoms:** Pain, stinging or burn, bleeding, swelling

**What you should do:** carefully clean and care for the wound with soap and water to avoid infection, if the wound is large enough it may require suturing from a medical professional

**Time to recover:** ranges from a few days to a few weeks if stitching is required

***How to best prepare your body for boxing to minimize injury risk***

- Improve your cardiovascular endurance: being in the ring throwing punches is a very intense process and will test your endurance. Being in good conditioning will keep you alert and able to maintain proper defensive mechanics
- Work with a knowledgeable trainer to learn how to throw punches and defensive mechanics: this is very important to do before you get into the ring with another person. Knowing the proper stance and how to safely throw punches will help you to reduce injury risk and protect your head and body!
- Wear properly fitting gear: this includes head gear, hand wraps, gloves and shoes. If any of these pieces of equipment do not properly fit you leave yourself susceptible to injury either from yourself or your opponent.
- Recognize when something does not feel right and see your doctor!



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