



**MOTION IS
MEDICINE**
SPORTS MEDICINE

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

Mixed Martial Arts (MMA) Injuries

What is mixed MMA?

Mixed Martial Arts (MMA) is a full combat sport that allows grappling, wrestling, boxing, striking, and other martial art techniques between two athletes. The objective is to achieve victory either through knock-out, submission, or through ruling of the judges if time runs out. The fight can also be stopped by referee or the athlete's doctor if injuries sustained are too dangerous to continue the sport.

What are common maneuvers that increase risk of injury?



(Armbar)



(Triangle choke)

The **arm bar** is a common move to elicit submission from the opponent. It is predominantly used by wrestlers. This movement causes hyperextension of the elbow joint.

The **triangle choke** can cause stress on the cervical spine causing multiple injuries including cervical radiculopathy, herniated discs, vertebral fractures, and neck muscle strains.

Other considerations: It is important to note that common nature of the sport is to target the head with the aim of achieving victory through knock-out, therefore, head and neck injuries are commonly seen in general.

What are the most common injuries?

- Head trauma
 - Concussions
 - Facial lacerations
 - Hematomas
 - Nasal fractures
 - Dental injuries



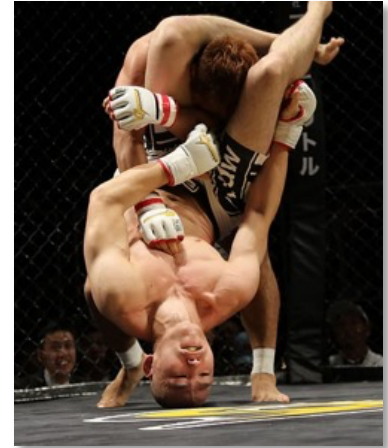


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- Neck injury
 - Muscle strain
 - Herniated discs
 - Vertebral fractures
- Upper extremity injury
 - Muscle strain
 - Hand and wrist fracture (Boxer's fracture of the 5th metacarpal bone)
 - Hyperextension injury of the elbow and elbow dislocations
 - Shoulder injury (rotator cuff strain/tear and shoulder dislocations)
- Lower extremity injury
 - Muscle strains
 - Ligament sprains (ACL, PCL, MCL, LCL tear)
 - Fractures



What can you do to prevent injury?

- Use proper and well-maintained equipment (e.g. gloves and head gear)
- Ensure adequate rest between training sessions to avoid excessively straining yourself
- Drink plenty of water, perform stretches to ensure proper muscle length and mobility, and strength training for conditioning²

What can I do if I am injured?

- The treatment options for an injury are highly specific to the type of injury and its severity. It is important to have your injury evaluated by a healthcare professional, notably one who is familiar with your sport, that can develop a proper treatment plan specific to your injury to allow for adequate recovery time and safe return to your sport.

At **Motion is Medicine** we are committed to partnering with you in times of injury and recovery to ensure safe return to your sport – stronger and healthier than ever! We offer many treatment options including concussion management, osteopathic manipulative treatment (OMT), rehabilitation, regenerative injection therapies (e.g. prolotherapy, platelet-rich plasma, and stem cell), and much more! Furthermore, if you are an athlete that benefits from more frequent and consistent care to prevent illness and injury, promote overall body wellness, and enhance overall athletic performance, then consider joining our Direct Specialty Care program!

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