



## Jiu-Jitsu Injuries

Jiu-Jitsu is a style of martial arts focused on close combat in a defensive or offensive manner to submit an opponent.

- Originally meaning “gentle art”, techniques rely on using an attacker’s own energy against them.
- Joint locks, pins, and throws are common practice, and though generally safe if performed correctly, these can occasionally lead to injury.

### Common Injuries

- The most common mechanisms of injury typically happen during a submission hold.
- Elbows are the most commonly injured area, often due to hyperextension in an arm bar or takedown.
- Knee, lower back, finger, and neck injuries are also common.
- Sprains, strains, contusions, and lacerations are the most likely types of injury, but dislocations or fractures may occur as well.



### How to Prevent Injury

- Always warm up and cool down with stretches to ensure proper mobility.
- Focus on proper technique, and always use control during practice or sparring matches.
- Practice breakfall techniques to properly distribute force during takedowns or falls.
- Try to fit in 2-3 resistance training sessions per week, targeting major muscle groups in the legs and upper body.

### What to do if Injured

- Know your limits. If you feel like you have an injury, alert an instructor or referee.
- Make sure to have a healthcare professional evaluate your injury.
- Don’t rush in getting back. Your body will need time to return to its full potential.



### Treatment Options

- Treatment options for an acute injury are dependent on the location, mechanism, and severity.
- PRICE and RICE will help guide safe return to action.
- Rehabilitation or bracing may be necessary to strengthen or provide support for areas of concern.
- Injuries that don’t improve over time may benefit from [osteopathic manipulative treatment \(OMT\)](#), [shockwave therapy \(ESWT\)](#), or [regenerative injection therapy \(RIT\)](#).
- Although rare, some serious injuries may require surgery.