

AC Joint Sprain

- Overall Average Missed Time: 10 Days
- Grade I: 1-2 Weeks | Grade II: 3-4 Weeks | Grade III: >8 Weeks
- High Volatility for throwing shoulders of QBs

Shoulder Dislocation

- Overall Average Missed Time: 0-3 Weeks
- Recovery time dependent on surgery/no surgery

Groin Strain/Sports Hernia

- Overall Average Missed Time: 4-8 Weeks with Surgery
- High Volatility for WRs if no surgery

Knee Scope

- Overall Average Missed Time: 2-4 Weeks

MCL Strain

- Overall Average Missed Time: 21 Days
- Grade I: 1-2 Weeks | Grade II: 3-5 Weeks | Grade III: Season
- High Volatility for all players

Meniscectomy

- Overall Average Missed Time: 6-8 Weeks

Patellar Dislocation

- Overall Average Missed Time: Varies
- High Volatility when "playing through"

Turf Toe

- Overall Average Missed Time: Varies
- Grade I: 0-1 Week | Grade II: 4-5 Weeks | Grade III: >8 Weeks
- High Volatility when "playing through"

Concussion

- Overall Average Missed Time: Varies
- High Risk after 2nd Concussion | Extreme Risk after 3rd

Back Spasms (Pulled Back Muscle)

- Overall Average Missed Time: 0-3 Weeks
- Grade I: <1 Week | Grade II: 1-3 Weeks | Grade III: >3 Weeks

Hamstring Strain

- Overall Average Missed Time: 13 Days
- Grade I: <1 Week | Grade II: 1-3 Weeks | Grade III: <3 Weeks
- High Volatility when "playing through"

Calf Strain

- Overall Average Missed Time: Varies
- Grade I: 17 Days | Grade II: 25 Days | Grade III: 45 Days
- High Volatility when "playing through"

High Ankle Sprain

- Overall Average Missed Time: 3-5 Weeks
- Grade I: 2-3 Weeks | Grade II: 3-5 Weeks
- Grade III: >8 Weeks

Lateral Ankle Sprain

- Overall Average Missed Time: 1 Week
- Grade I: 0 Week | Grade II: 2-3 Weeks | Grade III: >8 Weeks
- High Volatility when "playing through"

