



Super Bowl XLVIII
Health & Safety Press
Conference



Dr. John York: San Francisco 49ers Co-Chairman; Chairman of NFL Owners' Health & Safety Committee

Dr. Mitchel S. Berger: NFL Head, Neck & Spine Committee; Professor and Chairman, Department of Neurological Surgery, University of California San Francisco

Dr. Matthew Matava: St. Louis Rams Team Physician; President, NFL Physicians Society; Orthopedic Surgeon

Jeff Miller: NFL Senior Vice President of Health & Safety Policy



THE TEAM BEHIND THE PLAYERS

An Inside Look at In-Stadium Medical Staff on NFL Gamedays

Information enclosed is provided by the National Football League Physicians Society (NFLPS)

HOME MEDICAL TEAM

4 athletic trainers
Assesses and treats player injuries in conjunction with team doctors

2 orthopaedists
Evaluates and treats players for injuries to the bones and joints

2 primary care physicians
Evaluates players for general medical conditions and concussions

1 chiropractor
Provides back/spinal adjustments for players and treats muscular injuries

1 unaffiliated neuro-trauma consultant
Assesses possible brain injuries and concussions

STADIUM MEDICAL TEAM Serves Both Teams

1 independent athletic trainer
Notifies on-field medical staff of possible injuries from press box

1 ophthalmologist
Maintains eye health of players

1 dentist
Evaluates and treats injuries to the teeth

1 radiology technician
Takes x-rays of injured players at the stadium

1 airway management physician
Provides emergency intubation to severely injured, non-breathing players

2 EMT/paramedic crew
Transports players to hospital in the event of serious or life-threatening injuries

VISITING MEDICAL TEAM

4 athletic trainers
Assesses and treats player injuries in conjunction with team doctors

2 orthopaedists
Evaluates and treats players for injuries to the bones and joints

2 primary care physicians
Evaluates players for general medical conditions and concussions

1 chiropractor
Provides back/spinal adjustments for players and treats muscular injuries

1 unaffiliated neuro-trauma consultant
Assesses possible brain injuries and concussion

Total Gameday Medical Team

27
Staff Present

Note: The enclosed numbers reflect the average number of medical staff present and should not be considered official NFL protocol.



NATIONAL FOOTBALL LEAGUE



Injury Data

Incidence of Concussion

Year	Pre-season			Regular Season			Pre-season + Regular Season			% Change from Prior Year
	Practice	Game	Total	Practice	Game	Total	Practice	Game	Total	
2011	30	48	78	7	167	174	37	215	252	-
2012	42	43	85	3	173	176	45	216	261	4%
2013	39	38	77	4	147	151	43	185	228	-13%
3 Year Average	37.0	43.0	80.0	4.7	162.3	167.0	41.7	205.3	247.0	-

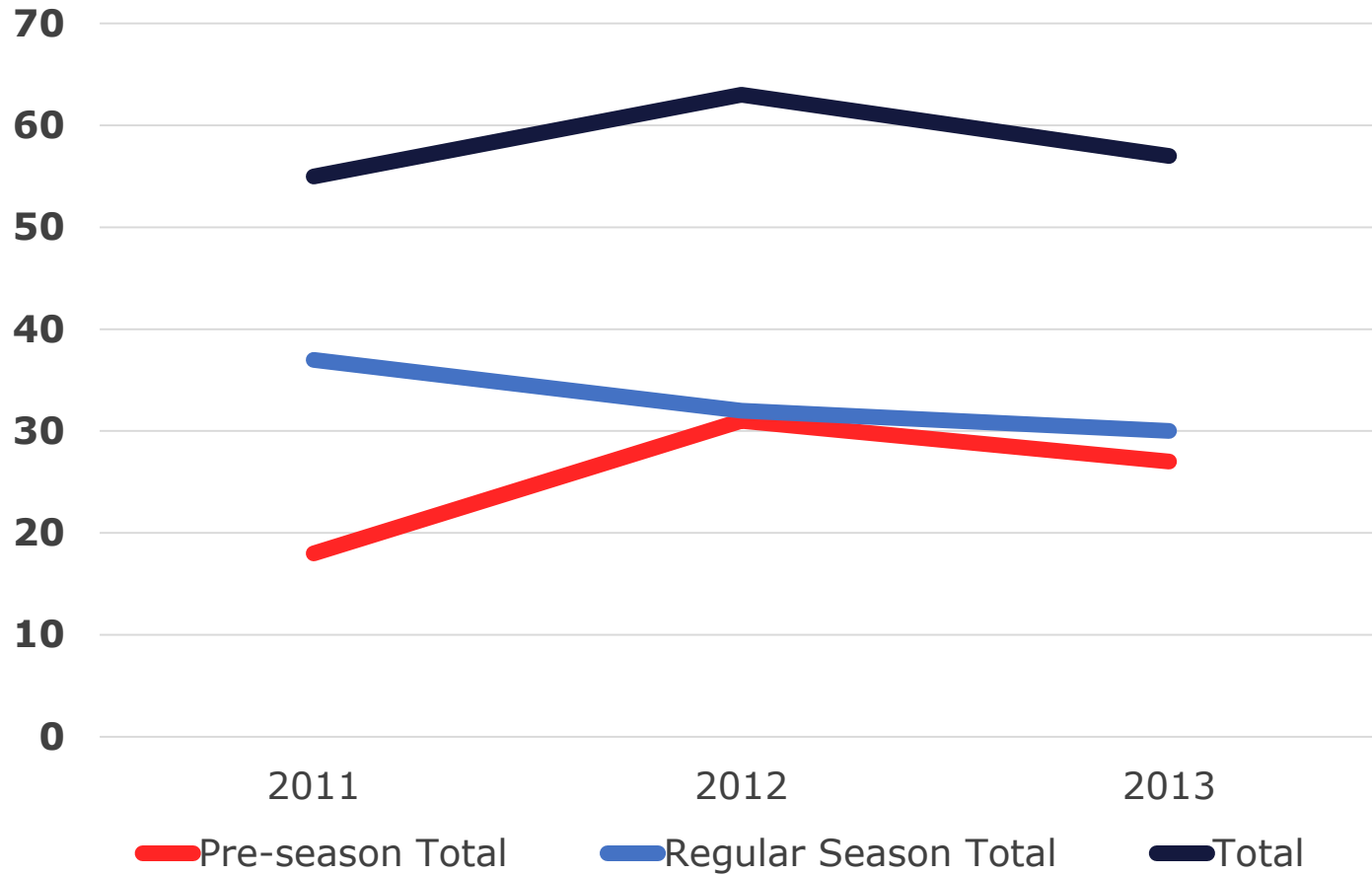
Concussions by Impact Source During Play, 2012-2013

Impact Source for Helmet During Play	2012 Pre-season + Regular Season Games		2013 Pre-season + Regular Season Games		
	n	%	n	%	
Another Helmet	117	53.2%	90	48.7%	-23%
Shoulder	26	12.0%	13	7.0%	
Forearm/Elbow	6	2.8%	4	2.2%	
Thigh	13	6.0%	4	2.2%	
Knee	14	6.5%	19	10.3%	
Foot	2	0.9%	0	0.0%	
Opponent's Body, Location Unknown	2	0.9%	4	2.2%	
Playing Surface	16	7.4%	27	14.6%	
AT Selected 'Unknown'	14	6.5%	12	6.5%	
AT Did Not Select a Source	6	2.8%	12	6.5%	
Total	216	100%	185	100%	-14%

Incidence of ACL Injuries

Year	Preseason			Regular Season			Pre-season + Regular Season		
	Practice	Game	Total	Practice	Game	Total	Practice	Game	Total
2011	9	9	18	4	33	37	13	42	55
2012	15	16	31	3	29	32	18	45	63
2013	15	12	27	3	27	30	18	39	57
3 Year Average	13.0	12.3	25.3	3.3	29.7	33.0	16.3	42.0	58.3

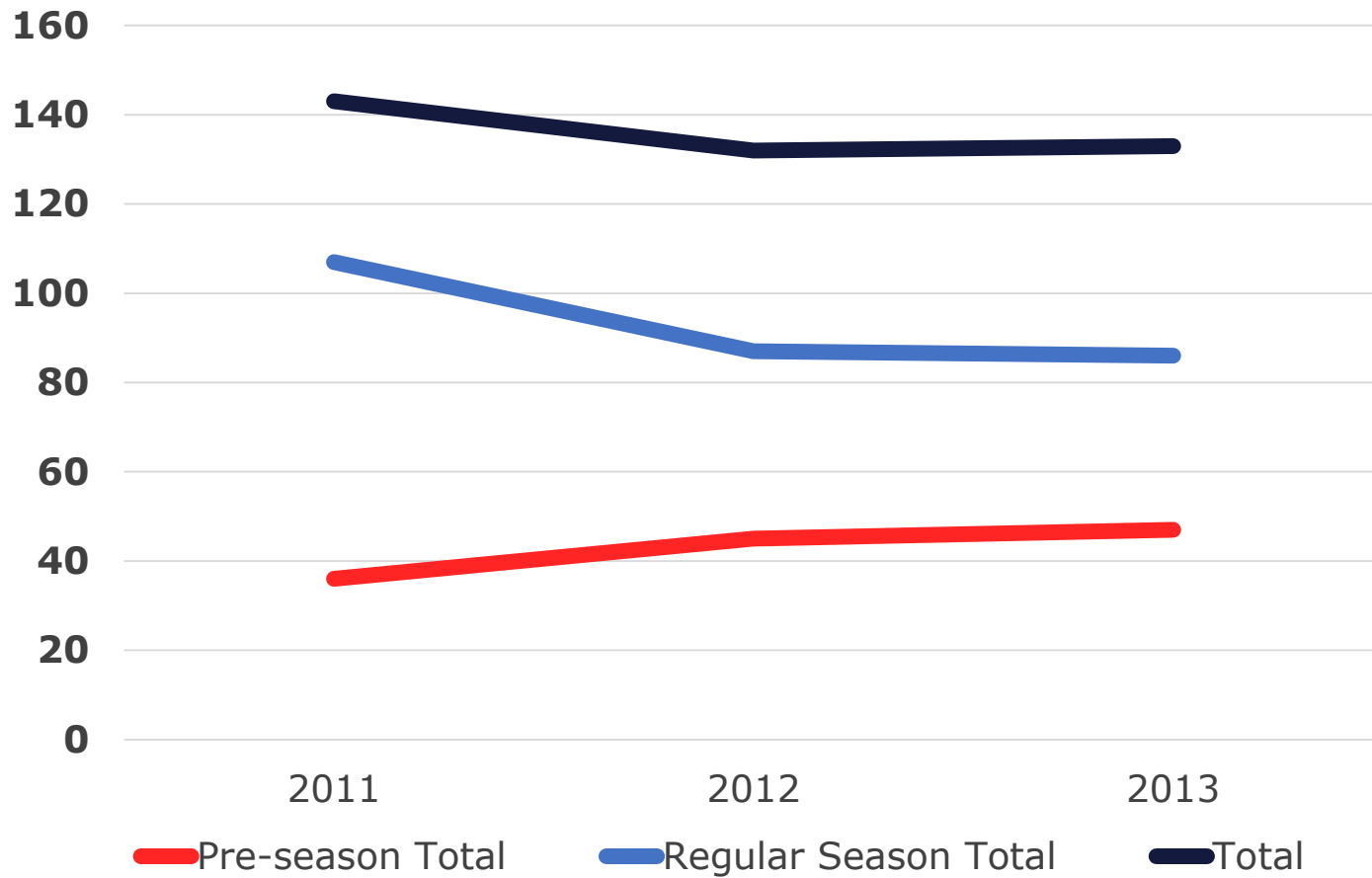
Incidence of ACL Injuries



Incidence of MCL Injuries

Year	Preseason			Regular Season			Pre-season + Regular Season		
	Practice	Game	Total	Practice	Game	Total	Practice	Game	Total
2011	9	27	36	4	103	107	13	130	143
2012	19	26	45	9	78	87	28	104	132
2013	20	27	47	4	82	86	24	109	133
3 Year Average	16.0	26.7	42.7	5.7	87.7	93.3	21.7	114.3	136.0

Incidence of MCL Injuries



ACL and MCL Injuries in Games, Contact and non-Contact

Contact Level	Year		
	2011	2012	2013
ACL Injuries			
Contact with Player	27	26	24
Non-contact	12	7	12
Contact - Other*	3	2	1
Total	42	45	37
<i>Unclassified</i>	0	0	2
MCL Injuries			
Contact with Player	108	90	94
Non-contact	6	6	5
Contact - Other*	11	5	1
Total	125	101	100
<i>Unclassified</i>	5	3	9

*Contact – Other includes contact with: person inbounds, goalpost, field equipment, sideline or endzone obstruction, ball, chain-marker, fringe person, surface.

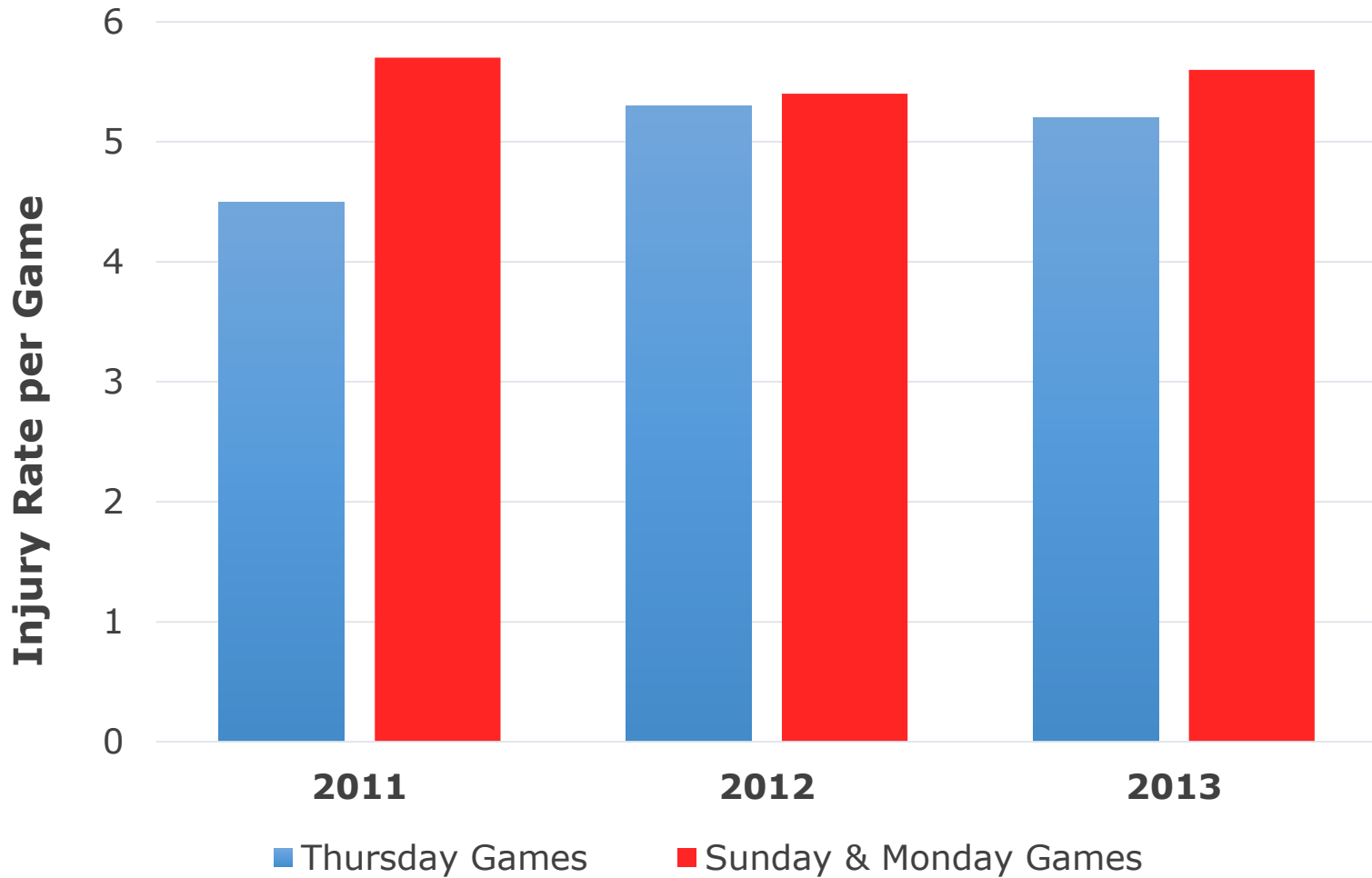
ACL Injuries by Position

Position at Time of Injury	2011	2012	2013
Contact with Player			
Offense Total	9	14	11
Offensive Line	2	7	4
Running Back	3	0	1
Tight End	3	4	3
Quarterback	0	0	1
Wide Receiver	1	3	2
Defense Total	10	9	7
Defensive Secondary	3	3	1
Defensive Line	2	1	3
Linebacker	5	5	3
Special Teams	4	3	6
Unclassified Position	4	0	0
Total	27	26	24
Non-contact			
Total	15	19	13
Unclassified Position	0	0	2

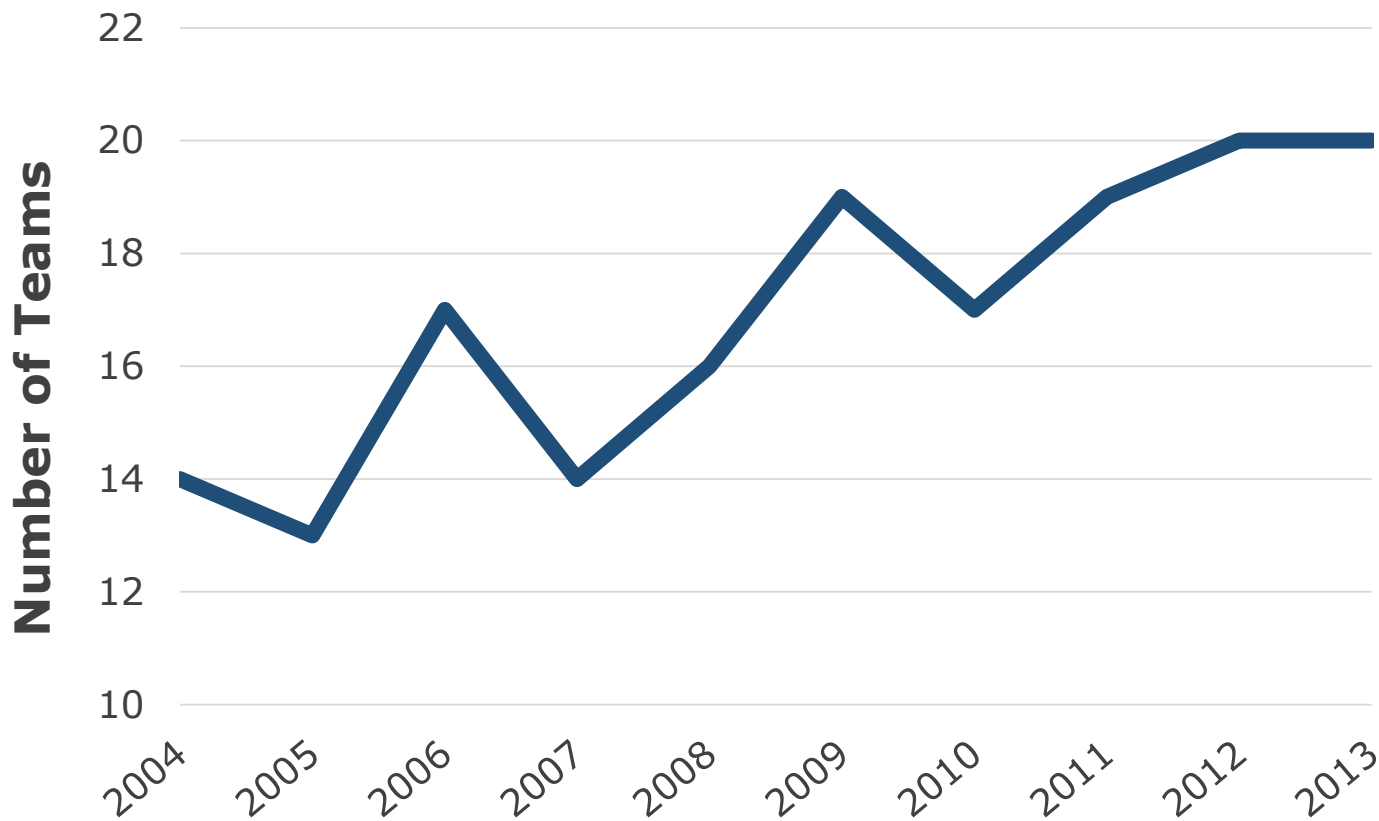
MCL Injuries by Position

Position at Time of Injury	2011	2012	2013
Contact with Player			
Offense Total	55	45	58
Offensive Line	24	22	35
Running Back	15	16	6
Tight End	8	5	10
Quarterback	0	1	4
Wide Receiver	8	1	3
Defense Total	45	32	27
Defensive Secondary	8	7	8
Defensive Line	21	18	12
Linebacker	16	7	7
Special Teams	7	13	9
Unclassified Position	1	0	0
Total	108	90	94
Non-contact			
Total	17	11	6
Unclassified Position	5	3	9

Injuries by Day of Game



Teams Starting Same QB All Season (or made non-injury changes)





NATIONAL FOOTBALL LEAGUE