

Ben Hogan Sports Medicine

Look for the Signs



ACL Injury Symptoms

ACL injuries occur when bones of the leg twist in opposite directions under full body weight.

- Injury due to contact or not
- Feeling or hearing a pop
- Swelling within first few hours of injury
- Limited knee movement due to pain and/or swelling

Concussion Symptoms

- Loss of consciousness not necessary
- Blow to head not necessary
- Loss of memory before or after injury
- Blurred vision
- Sensitivity to light and/or sound
- Headache
- Dizziness
- Nausea
- Seizure activity
- Loss of balance

Immediate Treatment for Any Injury: RICE

“R”est “I”ce “C”ompression “E”levation

Any injury questions that we can help you with?

Email: BenHoganSportsMedicine@TexasHealth.org



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