

INJURY RECAP

Pro football players often suffer injuries that linger from one season into the next. Below is a review of the most significant injuries that fantasy relevant skill position players are afflicted with entering the 2009 training camps. For the latest and most complete injury news (and other news), check out the player pages and news blogger at Footballguys.com.

+ QUARTERBACKS +

Cleveland QB Derek Anderson did not have offseason surgery on the knee injury he suffered last season. The injury healed naturally.

New England QB Tom Brady is participating fully in the team's offseason workouts and is working without limitations on his surgically repaired knee (ACL, September 2008). He is expected to be at full speed for training camp.

Buffalo QB Trent Edwards is rehabbing a shoulder injury but should be ready for the start of training camp.

Seattle QB Matt Hasselbeck said his offseason weight training regimen has been successful (April 7th), and he participated fully in the team's first minicamp in April. So far, his injured back looks to be at 100 percent.

Cincinnati QB Carson Palmer avoided further surgery on his injured right elbow early this year and as of April 26 was said to be ready to participate full speed in offseason OTAs. He's said to have a "chip on his shoulder" and is eager to prove he's back to 100 percent.

Cleveland QB Brady Quinn was reportedly near 100 percent recovered from finger surgery as of February 2009. "It feels great," he said. "It's amazing. This is what I was born to do and it feels great to be throwing again. I'm pain-free and everything was 100 percent successful." Quinn should be at full speed for training camp.

Green Bay QB Aaron Rodgers played through a sprained throwing shoulder since week 4 of 2008, but did not require offseason surgery as of mid-May.

San Francisco QB Alex Smith threw in minicamps during April but was seen holding his sore throwing arm shoulder (surgically repaired last November). It remains to be seen if he can get to 100 percent healthy in time for training camp.

Arizona QB Kurt Warner had surgery in mid-March to repair a torn labrum in his left hip. As of May 4, he was participating in minicamp on a limited basis and appears to be on schedule to return to full participation by training camp.



Darren McEdden

ICON SM

+ RUNNING BACKS +

Denver RB J.J. Arrington was unable to participate in May mini-camp as he continues to recover from a torn meniscus cartilage in his knee. He may be on the bubble if he can't get into action soon.


Dallas RB Marion Barber's dislocated pinkie toe (an issue at the end of last season) is apparently healed – he's been doing strenuous offseason workouts with no reported problems.

New Orleans RB Reggie Bush is said to be recovering well from his late December knee surgery (microfracture surgery/knee cartilage repair). The team hopes he'll be ready to go for the start of training camp.

NY Giants RB Ahmad Bradshaw suffered a minor ankle sprain while stepping off a street curb on April 2. He resumed full participation in OTAs on April 21.

Chicago RB Matt Forte reports that the sore toe that bothered him at the end of 2008 has completely healed during the offseason.

Tampa Bay RB Earnest Graham suffered a high ankle



sprain with ligament damage back in November of 2008, but he is expected to be able to participate in OTAs/training camp. On May 8 his agent Drew Rosenhaus asserted that Graham is fully healed.

Indianapolis RB Mike Hart is said to be “on schedule” for returning from a torn ACL (suffered last October). He may be on the bubble with the Colts since they drafted Donald Brown.

Dallas RB Felix Jones is apparently 100 percent recovered from his surgically repaired turf toe (November 2008 surgery on ligaments attached to his left big toe). He has been running and cutting in workouts and looks solid.

Tennessee RB Chris Johnson reported in early April that his injured ankle was 95 percent healed and that he expects to participate in minicamps and training camp at 100 percent. He’s been working out extensively with a speed and performance expert.

Cleveland RB Jamal Lewis is recovering from an arthroscopic procedure on his ankle performed in February – no rookie RBs were picked in the 2009 Draft, so the Browns are presumably comfortable with Lewis’ health.

New England RB Laurence Maroney believes he is 100 percent recovered from his troublesome shoulder injury of last October. We’ll see when training camp rolls around.

Oakland RB Darren McFadden is said to be 100 percent recovered from an arthroscopic shoulder surgery performed in January. He should be fine for training camp.

Baltimore RB Willis McGahee revealed in May he had arthroscopic surgery on an ankle, not on the knee that has been troubling him in the past (as the team first indicated, in error). He expects to be fully recovered for the start of training camp in late July.

Pittsburgh RB Rashard Mendenhall has participated in offseason sessions and minicamps and looks fully recovered from last September’s broken shoulder.

Kansas City RB Kolby Smith did not participate in the first minicamp as his sprained knee is still an issue early in the offseason.

New England RB Fred Taylor suffered a minor wrist (sprained left wrist) injury in early May while lifting weights. He should be fine well before training camp opens.

San Diego RB LaDainian Tomlinson participated fully in May minicamps and appears 100 percent recovered from the groin injury that sidelined him during the playoffs at the end of last season. “No, I wasn’t restricted and I did everything. Of course you are always concerned because it is the first time back on the field and especially after being injured. But I wasn’t restricted at all and it was great.” Tomlinson commented.

Denver RB Ryan Torain suffered an ACL tear in early November and wasn’t able to participate in May mini-camps. He’ll likely begin the season on the PUP list.

Philadelphia RB Brian Westbrook talked about his recent arthroscopic knee surgery on April 9th and said for the first time in years, he doesn’t feel any pain heading into an offseason. He should be ready for the start of training camp.

+ WIDE RECEIVERS +

St. Louis WR Donnie Avery played 2008 with a cracked hip – he was told at the end of the season he’d need 8-10 weeks of rest to heal. He should be ready for training camp.

NY Giants WR Ramses Barden suffered a hamstring injury during minicamp in early May. The injury isn’t considered serious, but nagging hamstring injuries have dogged more than one WR so we’ll keep an eye on his recovery.

Arizona WR Anquan Boldin was sent for an MRI after reporting a hamstring injury at the mandatory 3-day minicamp in early May. It appears the “hamstring” complaint may have had more to do with his contractual squabble with the team than an actual injury, however.

Seattle WR Nate Burleson is running pass patterns again without any problem. Burleson, eight months removed from reconstructive knee surgery, is catching “everything thrown his way” and is said to be running effortlessly. He should participate fully in training camp.

Seattle WR Deion Branch had arthroscopic knee surgery after the 2008 season and was seen in street clothes at the teams’ first minicamps. The team hopes he’ll be ready for training camp.

San Diego rookie WR Demetrius Byrd (seventh round pick, once considered a first round prospect), is recovering from a serious car accident suffered just days before the NFL draft. He’s been released from the hospital and continues his rehab.

Miami WR Greg Camarillo is recovering from late-season ACL/meniscus surgery in his knee. He hopes to be ready for training camp, but that goal may be tough only six months removed from knee surgery as of mid-May.

New Orleans WR Marques Colston is recovering well from arthroscopic knee surgery. The Saints hope he’ll participate at some point during their OTAs, targeting a June return. He should be 100 percent for training camp.

San Francisco WR Michael Crabtree is recovering from a foot injury. He is expected to get in the mix by the end of May and should be ready for training camp.

Dallas WR Patrick Crayton had arthroscopic ankle surgery in January, but he is expected to be healthy for training camp.

Philadelphia WR Kevin Curtis had sports hernia surgery in mid-April (a follow-up to last year’s surgery, performed in August 2008). Curtis is expected to be up to speed by training camp, hopefully.

San Diego WR Craig Davis is expected to be 100 percent for training camp after rehabbing a groin injury that landed him on IR last year.

Arizona WR Larry Fitzgerald played with a broken left thumb and torn cartilage in his left hand between his middle and ring fingers during 2008. “My hands are so messed up right now,” he said in February. “I’m just glad I don’t have to catch a ball again for a couple months. I can mend up.” Fitzgerald is expected to be fine for training camp.

Buffalo WR James Hardy is coming off a torn ACL suffered last season and may not be ready for the start of training camp as of mid-May 2009. He said in March (two months after knee surgery) that he hopes to play in the last preseason game.

Oakland rookie WR Derrius Heyward-Bey sat out of Sunday, May 10th’s workout due to a sore hamstring. The injury isn’t considered serious but does bear watching as nagging hamstring injuries are the sort of injury that can dog a player.

Green Bay WR James Jones battled a torn PCL throughout last season, but he is expected to be fine for training camp.

Washington WR Malcolm Kelly is recovering from offseason (March) knee surgery. He may not be ready for the

start of training camp. Fellow 2008 draft pick Devin Thomas was coming along nicely in mini-camp, but then injured his hamstring. The team hopes Thomas will be able to participate in June OTAs.

Baltimore WR Derrick Mason underwent surgery to fix the scapula and the labrum in his left shoulder in March, and may miss all of training camp as a result: "It turned out to be more than we anticipated," he said in early May. "But great doctors find a way to mend you back." He expects to be in the Week 1 starting lineup, but he turns 35 this year and his recovery may not go as smoothly as planned. Missing training camp may mean that he'll get off to a slow start in 2009.

Denver WR Brandon Marshall continues to recover from early April hip surgery. He may not be ready for the start of training camp, although in recent comments he indicated his hip is feeling "great." The Broncos are installing a new offense during the offseason and minicamps, and Marshall won't get any reps in the new system until training camp.

New Orleans WR Lance Moore tore the labrum and dislocated his left shoulder working out in mid-April. He had surgery to repair the damage but may be iffy for the start of training camp as of mid-May. The team is hopeful he'll be ready for the start of regular season.

Washington WR Santana Moss missed May minicamp due to shin splints – he's expected to be fine for training camp.

St. Louis WR Derrick Stanley suffered a torn ACL and cartilage damage in his knee during mid-December and underwent surgery to repair the damage. It is unclear if he'll be ready for training camp.

New England WR Brandon Tate (#83 pick in the 2009 Draft) is recovering from ACL and MCL (October 2008) injuries in his knee. He may not contribute to the Patriots this season.

Washington WR James Thrash missed May minicamp due to a neck injury of unspecified type. He is expected back for June minicamps.

Pittsburgh WR Hines Ward is recovering from offseason shoulder surgery (torn rotator cuff). He won't participate in OTA/minicamps but is expected to be back for training camp.

Oakland WR Javon Walker surprised the Raiders in early May by revealing he had further knee surgery on the right knee originally repaired in 2007 (while he was with Denver) – the team didn't know about the procedure until a mandatory minicamp, when Walker was unable to participate. HC Tom Cable doesn't expect Walker to be ready for the start of training camp, but he looks very dicey for 2009.

Baltimore WR Demetrius Williams recently indicated his 80 percent recovered from a late-October/early-November Achilles/ankle injury/surgery. He has been running in practices, but still walks with a limp so we'll see if he's 100 percent by training camp.

Dallas WR Roy Williams is apparently over his late-season plantar fascia foot injury and the Cowboys are reportedly "elated" with his progress this offseason in the team's offensive system.

is coming off a broken foot suffered in the Alamo Bowl. It's unclear if he will be able to participate in training camp.

San Diego TE Antonio Gates sat out May minicamp due to soreness in his injured big toe, and lingering effects from a late season high ankle sprain. "I don't know how I got through last season," Gates said. "The toe bothered me for months and then I hurt the ankle. But, somehow, I made it through." The toe is said to be "structurally" fine, but pain management is obviously part of the package for Gates with this injury. He should be ready for training camp.

Baltimore TE Todd Heap was still struggling with his sore back as of minicamps. It remains to be seen if he'll be able to participate fully in OTAs and minicamps, let alone training camp.

Cleveland TE Steve Heiden had ACL and MCL surgery in December – he probably won't be ready for training camp and may not contribute much for the first half of the season.

Philadelphia rookie TE Cornelius Ingram may need additional surgery to repair a damaged ACL in his knee. If so, he'll probably sit out the 2009 season.

St. Louis TE Randy McMichael, who broke a bone in his lower right leg Sept. 28 vs. Buffalo (also tearing a tendon in his leg), and landed on IR as a result. As of May 8, agent Drew Rosenhaus asserts that McMichael is 100 percent recovered and ready to play ball in 2009.

Oakland TE Zach Miller had offseason sports hernia surgery (he disclosed this in early May). He may not participate in June practices, but is hopeful to be in action for training camp. Keep an eye on how Miller progresses once training camp begins as groin injuries are notorious for causing continuing problems even after surgical intervention (see Philadelphia Kevin Curtis above, and Baltimore L.J. Smith, below).

Detroit TE Brandon Pettigrew had a minor issue with a tight hamstring in his first practices with Detroit, but he was held out more due to an abundance of caution rather than an actual injury.

Carolina TE Dante Rosario underwent lower back surgery in early May. He may be ready for training camp, but that is up in the air as of mid-May.

New Orleans TE Jeremy Shockey is said to be fully healed from last season's sports hernia and is "anxious" to have a big year with the Saints in 2009.

Baltimore TE L.J. Smith sat out of early May practices due to ongoing groin problems due to his sports hernia surgery performed a couple of years ago. He's battled pain from the injury/procedure for years now.

Arizona TE Steven Spach had surgery to repair the ACL, MCL and meniscus in his knee in late January. He'll have a hard time getting on the field for the start of regular season.

Baltimore Quinn Sypniewski was signed to a one-year, \$1 million contract in early April despite missing last season with an ACL injury (suffered last April). He appears to be recovered from the injury.

+ TIGHT ENDS+

NY Giants rookie TE Travis Beckum suffered a broken leg as a senior in college, but is expected to be fine for the start of training camp.

Cincinnati TE Chase Coffman (#98 pick in the 2009 Draft)

+ PLACE KICKER +

Dallas PK Nick Folk underwent hip surgery on May 5. The team is hopeful he'll be back up to speed for training camp.

