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Incidence, Causes, and Severity of High School Football Injuries on FieldTurf Versus Natural Grass

A 5-Year Prospective Study

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incidences of 1- to 2-day time loss injuries, 22+ days time loss injuries, head and neural trauma, and ligament injuries were reported on natural grass.

Conclusions: Although similarities existed between FieldTurf and natural grass over a 5-year period of competitive play, both surfaces also exhibited unique injury patterns that warrant further investigation.

Key Words: artificial surface • knee • head • adolescent • environment

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