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Nfl injury report week 10 2019

It's game day. Game day I wake up around 8:15am, head downstairs to take breakfast, come back upstairs to take a shower, pack up. Advertising Is there a special breakfast? yes, this is pretty weird... usually a huge bowl of oatmeal. The largest bowl of cereal you can remember, fill it with oatmeal; then a lot of fruits, vegetables and just, you know, drinking a lot of water and Gatorade. And then go back upstairs, take a shower, get in my car, and head to the Dome. Are you dressed in street clothes now? yes, as I get there I need to tape into my pads, put double-sided tape on to prevent offensive linemen from being able to grab our jerseys; Then I'll put on my pads, read the game program. What time do you get to the locker room? Around 10:15 a.m. to 10:30 a.m. When I've done a reading game program I start getting relaxed by what's called ART – a guy using quick acupuncture on me, an active aid technique. I stretch myself in the training room and get my iPod, switch my iPod to pre-game mix. What's on your iPod? The main title theme from Terminator 2, Drowning Pool Let bodies hit the floor, Public Enemy Welcome to terrordome. And Metallica 2 x 4. I'll mix 50 cents, ACDC... Stretch, get up, give me pads. In order to get my pads, I need our equipment manager. I think I have the smallest jersey on the team. I'm just trying to make it tight like a glove, so there's nothing to grab. So first put your pads in them, squeeze them, and then stuff the war paint under my eyes. I usually find myself running around the locker room and start working my own into a bit of a frenzy. What do you have to say at that moment? Just the violence my body needs to have in every situation. How explosive and violent I react. I'm going to start thinking about some of those natural videos of cheetahs chasing their prey, leopards, packs of wolves chasing their prey. I'm just starting to get that picture. You know, put yourself in their situation. How would you describe your mental state? I think fury is the best way to describe it because playing defensive end for me is violence and fury. Every game is pin-your-ears-back, and even if it's running down and you're trying to hit blocks, you're trying to run through the guys' sternum. And then you're trying to run them over, run them over as hard as you can. Football breaks out, that's when those cheetah videos come to mind, and it's time to chase your prey. What happens just before kickoff? We'll go out, warm up, come back for about 10 to 15 minutes and go pray in the shower. Then I'll go back to my locker and pray. There's plenty of us, we'll talk. Usually four or five of us say what we need to say and thank you for the opportunity to go out and do what we do, and we break it. I come in, I prey to myself, and then I usually like to walk around and just... Some kind of slap in the shoulder, some kind of punch in the fist to everyone on the team, just let them know I'm jumping back, we're in this together. I'm doing this while [listening] to my iPod and start working that rage even more. Do you ever have any guest speakers? We had Jimmy Carter in the locker room last week and he said, I'm proud of you, the state was [proud of us] and he just wished us good luck, that's pretty cool. And then the coach comes in, he's as fiery as anyone else on the team, which is pretty amazing. So he's going to come out and give a few minutes of what we need to do to win this game. Let's split it into a team and take the field. One thing Coach Mora has done that I think is great is that we don't do individual introductions anymore - we introduced myself as the Atlanta Falcons, and I think that's a great thing. Down in the tunnel, meet me in the middle of the field. Me or Alge Crumpler, or Brooking, or Mike, we're going to tell the team something, we're going to get it there, and we're going to get ready for the Star Spangled Banner, and we're going to set things in motion. All right, let's talk about halftime. Halftime is back in the locker room to grab my energy drink... It's a stronger energy drink and about five or six of those orange slices. Like a little football, take slices of oranges, eat a few, drink my gatorade drink, and then we'll meet as a defense. Talk about things defensively. We split into the defensive line, we talk about our line, what we could do, what we can improve on in the second half, and that's it. I've got a few minutes, Coach Mora's going to come in, he's going to break us again, he's going to take the field. Do you hear what the fans are shouting during the game? Not really in home games as much as away games because it's much quieter and they have a choice of words for you behind the bench. But that's something you kind of pull out. If someone comes up with something creative about you or any member of your family you usually get a pretty good laugh about it, and you don't even pay them any attention. You can smirk. What happens after the game? After the game you try to get undressed as fast as you can, get in the shower, shower and by the time you get back you usually get a lot of cameras and reporters waiting for you on your locker so you spend your time with them and give them your thoughts on the game. We'll check with the coaches, throw ice bags at whatever you need, and then we'll go out and meet anyone. My girlfriend and her parents or my parents or any of my guests at the game will be waiting outside the locker room for us. So sign, I don't know, about 100 autographs right outside the door. Go on the road and come home and usually go for dinner on a Sunday night, especially after the victory, just a little festive dinner. Then come home and slowly start to reschedule from exhaustion. Probably the hardest part of my week honestly is Sunday night. Soon I fall asleep from fatigue, but then wake up at 1 or 2 in the morning, and once I start thinking about one game of the game, it's over. I'm running every game of the game in my mind over and over and over again. I don't usually sleep very well on Sunday nights. To learn more about Patrick Kerney, other NFL players and football, check out the links on the next page. Patrick Mahomes. Steven Senne/AP Heading into Week 15, the NFL playoff picture is looming, but it's not entirely clear yet. In the AFC, the Texans and Titans are fighting for the AFC South, while the Bills and Steelers are struggling to make the wild card. Meanwhile, in the NFC, the NFC West is brutally close, with the 11-2 49ers and 10-3 Seahawks fighting for the division leaders and the 8-5 Los Angeles Rams fighting for the wild card. The Vikings are also fighting for a wild card and the Eagles and Cowboys, both 6-7, are in an ugly battle for division leadership. All the games from now on are big. Check out our performance ratings for all 32 teams below. More: Features of the NFL NFL Power Rankings Baltimore Ravens Early in the second quarter of Super Bowl LII, Philadelphia Eagles defensive back Malcolm Jenkins bumped into New England Patriots wideout Brandin Cooks with enough force that the receiver had to be withdrawn from the game due to a head injury. Their teeth-sharp hit was a good reminder of how brutal the sport can be on players' bodies and brains and why the NFL has concussion protocol. Since awareness of the long-term effects concussions can have on a player's health has increased over the years, so has the NFL's efforts to protect players. After years of downplaying the long-term risk of concussions, the NFL introduced a concussion protocol in 2009 that has continued to be edited and tweaked over the years. NFL rules for concussions include a protocol on how to immediately respond to suspected concussions, as well as return-to-participation rules. According to SB Nation, nfl concussion protocol dictates a player be immediately removed from the field after a hit or collision that could result in a concussion. The NFL team doctor and unassociated neurotrauma consultant then reviewed footage of the game and performed targeted neurological examinations on the player on the sidelines. According to Madden's rule, a player is taken to the locker room for further assessment if a concussion is suspected. If a player is not eventually diagnosed with a concussion, they can return to the game where symptoms are monitored for the rest of the game. However, if a concussion is diagnosed, the player is excluded from returning to the field on the same day. According to the NFL concussion protocol, getting back into the game isn't as easy as a player saying, Put me in coach. The NFL return-to-participation protocol is a five-step process that involves rest periods, monitored light aerobic exercise, supervised strength training, non-contact football activities, and then finally, participation in practice. While the NFL outlines the steps needed to return to the game, the league noted that recovery times can vary from player to player and injury injuries, and therefore there is no set timeframe imposed on players. Every player and every concussion is unique, the NFL said in a June 2017 return-to-participation report. Therefore, there is no set time frame for returning to participation or for progressing through the steps of the graduated exercise program listed below. Recovery time will vary from player to player. More recently, the league has also moved to introduce rules to increase enforcement of the concussion protocol. Under the new rule, any team that failed to properly enforce some or all parts of the league's concussion protocol may be fined or forced to waive their draft picks, according to SB Nation. But not everyone is a fan of the NFL's new concussion rules. President Donald Trump, for example, has accused the league of destroying the game with concussion rules. During a speech at a campaign rally in Florida in October 2016, Trump called concussions a little bit on the head and lamented the NFL's new protocol as soft. However, even with the NFL's concussion protocol, football remains a rough sport where the risk of injury can be high. Earlier this year, the league revealed an uptick in the number of concussions suffered during the preseason and regular season. The NFL recorded a total of 281 concussions during the 2017 season, the highest number since the league first released concussion data in 2012. In an effort to ensure player safety during Super Bowl LII, the NFL has brought in four independent concussion specialists to watch the game on the edge of the big game. And given what the medical community now knows about the health risks associated with repeated head injuries, it's safe to say that these concussion specialists - and the NFL concussion protocol - play an important role in making the game just a little safer. Safer.