



FEELING THE **BURN**(ER)

Burner or stinger injuries refer to nerve trauma at the level of the neck and/or brachial plexus (nerves between the neck and the shoulder), often sustained while playing sports.

- Burners are usually temporary but can cause prolonged limb weakness if sustained repeatedly.
- These injury types usually DO occur repeatedly, especially in football players.
- Treatment is aimed at improving mechanics, restoring range of motion and improving strength.
- Return to play should occur when pain is gone and strength/range of motion are fully reestablished.

