

# Justin Herbert Injury History



JUSTIN HERBERT INJURY HISTORY HAS BEEN A TOPIC OF INTEREST AND CONCERN FOR FANS AND ANALYSTS ALIKE, PARTICULARLY GIVEN HIS STATUS AS ONE OF THE MOST TALENTED YOUNG QUARTERBACKS IN THE NFL. SINCE ENTERING THE LEAGUE IN 2020, HERBERT HAS DISPLAYED REMARKABLE SKILL, POISE, AND PRODUCTION ON THE FIELD. HOWEVER, LIKE MANY ATHLETES, HE HAS HAD TO NAVIGATE VARIOUS INJURIES THAT HAVE IMPACTED HIS PERFORMANCE AND AVAILABILITY. THIS ARTICLE DELVES INTO HERBERT'S INJURY HISTORY, THE NATURE OF HIS INJURIES, THEIR IMPACT ON HIS CAREER, AND HOW THEY COMPARE TO OTHER QUARTERBACKS IN THE LEAGUE.

## EARLY CAREER AND INITIAL INJURIES

JUSTIN HERBERT'S JOURNEY TO THE NFL BEGAN AT THE UNIVERSITY OF OREGON, WHERE HE ESTABLISHED HIMSELF AS ONE OF THE PREMIER QUARTERBACKS IN COLLEGE FOOTBALL. DURING HIS TIME WITH THE DUCKS, HE SUSTAINED SOME INJURIES THAT RAISED QUESTIONS ABOUT HIS DURABILITY.

### COLLEGE INJURIES

1. **SHOULDER STRAIN:** IN 2018, HERBERT SUFFERED A SHOULDER STRAIN THAT CAUSED HIM TO MISS SOME PRACTICE TIME. WHILE HE WAS ABLE TO

RECOVER AND CONTINUE PLAYING, THIS INJURY HIGHLIGHTED POTENTIAL VULNERABILITIES.

**2. FINGER INJURY:** IN 2019, HERBERT EXPERIENCED A FINGER INJURY DURING A GAME THAT AFFECTED HIS GRIP ON THE BALL. ALTHOUGH HE PLAYED THROUGH IT, THE INJURY WAS A REMINDER OF THE PHYSICAL TOLL THAT PLAYING QUARTERBACK CAN TAKE.

DESPITE THESE MINOR INJURIES, HERBERT'S COLLEGE CAREER WAS LARGELY SUCCESSFUL, AND HE WAS ULTIMATELY SELECTED SIXTH OVERALL BY THE LOS ANGELES CHARGERS IN THE 2020 NFL DRAFT.

## **ROOKIE SEASON: BREAKOUT AMIDST CHALLENGES**

HERBERT'S ROOKIE SEASON WAS NOTHING SHORT OF REMARKABLE. HE STEPPED IN AS A STARTER AFTER TYROD TAYLOR'S INJURY AND QUICKLY BECAME A FAN FAVORITE DUE TO HIS IMPRESSIVE PERFORMANCES.

### **RIB INJURY**

- IN WEEK 2 OF THE 2020 SEASON, HERBERT MADE HIS FIRST START AGAINST THE KANSAS CITY CHIEFS. DURING THAT GAME, HE TOOK SEVERAL HARD HITS, AND IN WEEK 4, HE SUFFERED A RIB INJURY.
- THE INJURY DID NOT SIDELINE HIM FOR LONG; HE PLAYED THROUGH DISCOMFORT AND CONTINUED TO PUT UP IMPRESSIVE NUMBERS, ULTIMATELY THROWING FOR OVER 4,300 YARDS AND 31 TOUCHDOWNS, EARNING HIM THE NFL OFFENSIVE ROOKIE OF THE YEAR AWARD.

HERBERT'S ABILITY TO PLAY THROUGH PAIN AND DELIVER STRONG PERFORMANCES BOLSTERED HIS REPUTATION AS A TOUGH COMPETITOR, BUT IT ALSO RAISED CONCERNS ABOUT HIS LONG-TERM HEALTH.

## 2021 SEASON: A YEAR OF GROWTH AND RESILIENCE

IN HERBERT'S SOPHOMORE SEASON, HE CONTINUED TO EMERGE AS ONE OF THE LEAGUE'S TOP QUARTERBACKS. HOWEVER, HE FACED SOME INJURY-RELATED CHALLENGES.

### COVID-19 PROTOCOLS

- WHILE NOT AN INJURY IN THE TRADITIONAL SENSE, HERBERT WAS IMPACTED BY THE COVID-19 PANDEMIC THAT AFFECTED THE ENTIRE LEAGUE. PROTOCOLS LED TO MISSED PRACTICES AND CHANGES IN GAME-DAY ROUTINES THAT COULD HAVE IMPACTED HIS PERFORMANCE.
- HERBERT NAVIGATED THESE CHALLENGES ADMIRABLY, LEADING THE CHARGERS TO PLAYOFF CONTENTION.

### MINOR INJURIES

- THROUGHOUT THE SEASON, HERBERT DEALT WITH MINOR AILMENTS, INCLUDING A SPRAINED ANKLE AND SOME SHOULDER SORENESS.
- THESE ISSUES DID NOT SIGNIFICANTLY HINDER HIS PERFORMANCE, BUT THEY SERVED AS A REMINDER OF THE PHYSICAL DEMANDS OF THE QUARTERBACK POSITION.

## 2022 SEASON: THE SIGNIFICANT INJURY

THE 2022 SEASON MARKED A TURNING POINT IN JUSTIN HERBERT'S INJURY HISTORY, AS HE FACED ONE OF THE MOST SIGNIFICANT INJURIES OF HIS YOUNG CAREER.

## FRACTURED RIB CARTILAGE

- IN WEEK 2 AGAINST THE KANSAS CITY CHIEFS, HERBERT SUFFERED A FRACTURED RIB CARTILAGE AFTER TAKING A HIT WHILE ATTEMPTING TO THROW A PASS. THE INJURY WAS SEVERE ENOUGH TO REQUIRE CAREFUL MANAGEMENT THROUGHOUT THE SEASON.
- DESPITE THE INJURY, HERBERT CONTINUED TO PLAY, SHOWCASING HIS TOUGHNESS. HE COMPLETED OVER 69% OF HIS PASSES AND THREW FOR 4,739 YARDS, BUT HIS PERFORMANCE WAS UNDENIABLY IMPACTED BY THE PAIN HE ENDURED.

## IMPACT ON PERFORMANCE

- THE RIB INJURY LIMITED HERBERT'S ABILITY TO THROW DEEP AND AFFECTED HIS OVERALL ACCURACY. ANALYSTS NOTED THAT HE RELIED MORE ON SHORT AND INTERMEDIATE THROWS AS THE SEASON PROGRESSED.
- THE CHARGERS COACHING STAFF HAD TO ADJUST THEIR OFFENSIVE GAME PLAN TO MITIGATE THE IMPACT OF HERBERT'S INJURY, EMPHASIZING A QUICK-RELEASE PASSING GAME.

## 2023 SEASON AND CURRENT STATUS

AS OF 2023, JUSTIN HERBERT HAS REPORTEDLY RECOVERED FROM HIS RIB INJURY AND IS POISED TO CONTINUE HIS DEVELOPMENT AS ONE OF THE ELITE QUARTERBACKS IN THE NFL.

## INJURY MANAGEMENT

- THE CHARGERS ORGANIZATION HAS IMPLEMENTED A COMPREHENSIVE INJURY MANAGEMENT PROGRAM TO ENSURE HERBERT REMAINS HEALTHY MOVING FORWARD.
- THIS INCLUDES REGULAR ASSESSMENTS, STRENGTH TRAINING, AND CONDITIONING PROGRAMS TAILORED TO HIS SPECIFIC NEEDS.

## FUTURE OUTLOOK

- HERBERT'S RESILIENCE IN OVERCOMING INJURIES SPEAKS VOLUMES ABOUT HIS CHARACTER AND DETERMINATION. AS A YOUNG QUARTERBACK, HE HAS THE OPPORTUNITY TO LEARN FROM HIS EXPERIENCES AND IMPROVE HIS GAME.
- MOVING FORWARD, THE CHARGERS WILL LIKELY PRIORITIZE PROTECTING HERBERT BOTH IN TERMS OF OFFENSIVE LINE SUPPORT AND INJURY PREVENTION STRATEGIES.

## COMPARATIVE ANALYSIS: HERBERT VS. OTHER QUARTERBACKS

WHEN DISCUSSING JUSTIN HERBERT'S INJURY HISTORY, IT'S ESSENTIAL TO COMPARE HIS EXPERIENCES WITH THOSE OF OTHER PROMINENT QUARTERBACKS IN THE LEAGUE.

## DURABILITY IN THE NFL

1. PATRICK MAHOMES: KNOWN FOR HIS ATHLETICISM AND IMPROVISATIONAL SKILLS, MAHOMES HAS ALSO DEALT WITH INJURIES, INCLUDING A DISLOCATED KNEECAP IN 2019 AND TURF TOE IN 2021. HOWEVER, HE HAS MANAGED TO MAINTAIN A HIGH LEVEL OF PERFORMANCE AND DURABILITY IN HIS CAREER.

2. JOSH ALLEN: ALLEN HAS FACED INJURIES, INCLUDING A SHOULDER INJURY

THAT REQUIRED SURGERY. HIS PLAYING STYLE, WHICH OFTEN INVOLVES RUNNING THE BALL, INCREASES HIS RISK OF INJURY, BUT HE HAS ALSO SHOWN REMARKABLE RESILIENCE.

3. DAK PRESCOTT: PRESCOTT'S INJURY HISTORY INCLUDES A SIGNIFICANT ANKLE INJURY IN 2020 THAT SIDELINED HIM FOR MOST OF THE SEASON. HIS RECOVERY AND RETURN TO FORM DEMONSTRATE THE CHALLENGES QUARTERBACKS FACE IN TERMS OF DURABILITY.

## LESSONS LEARNED

- THE EXPERIENCES OF HERBERT AND HIS CONTEMPORARIES HIGHLIGHT THE IMPORTANCE OF INJURY PREVENTION AND MANAGEMENT IN THE NFL.
- TEAMS ARE INCREASINGLY FOCUSING ON PROTECTING THEIR QUARTERBACKS, BOTH THROUGH SCHEME AND PLAYER CONDITIONING, TO ENSURE THEY REMAIN HEALTHY THROUGHOUT THE SEASON.

## CONCLUSION

JUSTIN HERBERT'S INJURY HISTORY IS A TESTAMENT TO THE CHALLENGES FACED BY PROFESSIONAL ATHLETES, PARTICULARLY QUARTERBACKS WHO ENDURE SIGNIFICANT PHYSICAL DEMANDS. THROUGH HIS CAREER THUS FAR, HE HAS DEMONSTRATED RESILIENCE AND DETERMINATION, OVERCOMING INJURIES TO CONTINUE TO EXCEL ON THE FIELD. AS HE PROGRESSES INTO THE LATER YEARS OF HIS CAREER, THE LESSONS LEARNED FROM MANAGING INJURIES WILL UNDOUBTEDLY SHAPE HIS APPROACH AND THE CHARGERS' STRATEGY TO PROTECT THEIR FRANCHISE QUARTERBACK. WITH A COMMITMENT TO HEALTH AND PERFORMANCE, HERBERT'S POTENTIAL REMAINS VAST, AND FANS CAN LOOK FORWARD TO MANY MORE EXCITING SEASONS AHEAD.

## FREQUENTLY ASKED QUESTIONS

WHAT INJURIES HAS JUSTIN HERBERT SUSTAINED IN HIS NFL CAREER?

JUSTIN HERBERT HAS DEALT WITH VARIOUS INJURIES INCLUDING A RIB CARTILAGE INJURY IN 2022 AND A KNEE INJURY IN 2021, WHICH AFFECTED HIS PERFORMANCE BUT DID NOT LEAD TO SIGNIFICANT MISSED TIME.

HOW DID JUSTIN HERBERT'S RIB INJURY IMPACT HIS PERFORMANCE IN THE 2022 SEASON?

HERBERT'S RIB INJURY IN THE 2022 SEASON CAUSED HIM CONSIDERABLE PAIN AND LIMITED SOME OF HIS THROWING POWER, BUT HE MANAGED TO PLAY THROUGH IT AND STILL POSTED IMPRESSIVE STATISTICS.

HAS JUSTIN HERBERT EVER HAD TO UNDERGO SURGERY FOR AN INJURY?

AS OF NOW, JUSTIN HERBERT HAS NOT UNDERGONE ANY MAJOR SURGERIES RELATED TO INJURIES DURING HIS PROFESSIONAL CAREER.

WHAT WAS THE NATURE OF JUSTIN HERBERT'S KNEE INJURY IN 2021?

HERBERT'S KNEE INJURY IN 2021 WAS A MINOR ISSUE THAT RAISED CONCERNS BUT ULTIMATELY DID NOT LEAD TO MISSED GAMES, AND HE CONTINUED TO PERFORM WELL.

HOW DOES JUSTIN HERBERT'S INJURY HISTORY AFFECT HIS DRAFT STOCK?

BEFORE THE DRAFT, CONCERNS ABOUT HERBERT'S INJURY HISTORY WERE PRESENT, BUT HIS IMPRESSIVE COLLEGIATE PERFORMANCE AND STRONG PHYSICAL ATTRIBUTES OUTWEIGHED THESE WORRIES, LEADING TO HIM BEING A TOP PICK.

WHAT PREVENTIVE MEASURES DOES JUSTIN HERBERT TAKE TO AVOID INJURIES?

JUSTIN HERBERT FOCUSES ON STRENGTH AND CONDITIONING, PROPER TRAINING TECHNIQUES, AND INJURY RECOVERY PROTOCOLS TO MINIMIZE THE RISK OF INJURIES.

HAVE ANY INJURIES AFFECTED JUSTIN HERBERT'S AVAILABILITY FOR GAMES?

DESPITE HIS INJURIES, JUSTIN HERBERT HAS SHOWN RESILIENCE AND HAS NOT MISSED SIGNIFICANT TIME DUE TO INJURY, PLAYING THROUGH PAIN AND MAINTAINING HIS STARTING ROLE.

WHAT WAS THE PUBLIC AND MEDIA REACTION TO HERBERT'S INJURY IN 2022?

THE PUBLIC AND MEDIA EXPRESSED CONCERN FOR HERBERT'S HEALTH, FOCUSING ON HIS ABILITY TO PLAY THROUGH PAIN AND THE POTENTIAL RISKS INVOLVED IN HIS CONTINUED PARTICIPATION.

IS JUSTIN HERBERT EXPECTED TO HAVE LONG-TERM ISSUES DUE TO HIS INJURY HISTORY?

AS OF NOW, THERE ARE NO INDICATIONS THAT HERBERT WILL FACE LONG-TERM ISSUES DUE TO HIS INJURY HISTORY; HOWEVER, ONGOING MONITORING WILL BE ESSENTIAL AS HE PROGRESSES IN HIS CAREER.

HOW DO COACHES MANAGE JUSTIN HERBERT'S INJURIES DURING THE SEASON?

COACHES MANAGE HERBERT'S INJURIES BY CLOSELY MONITORING HIS WORKLOAD, PROVIDING ADEQUATE REST, AND ADJUSTING PRACTICE INTENSITY TO ENSURE HE REMAINS HEALTHY FOR GAMES.

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[JUSTIN HERBERT INJURY HISTORY](#)

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