



Top 5 Jiu-Jitsu Injuries (& How to Roll With Them)

Injuries are the best or worst thing that can happen to your jiu-jitsu; it all depends on how you roll with them! In this much needed video, Renner Gracie and Alex Ueda detail the five most common injuries in jiu-jitsu, and they discuss the common causes, treatment tips, and training modifications you can use to get back on the mat as quickly and safely as possible. Share this with all your jiu-jitsu friends. At one point or another, every dedicated practitioner will get injured, and one good piece of advice on this topic can go a long way when it comes to proper healing and a safe return to the mat!

- 1) Lower Back Injuries
- 2) Neck Injuries
- 3) Knee Injuries
- 4) Shoulder Injuries
- 5) Cauliflower Ear
- 6) Bonus Injuries

IMPORTANT: As a general rule, once you feel like your injury has healed, give it 2 MORE WEEKS before you get back to regular training!

Notes:

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