

# Injury Type vs Recovery Time

Injury Type

Elbow Tommy John  
Biceps  
Toe  
Face  
Pectoral  
Illness  
Achilles  
Hip  
Undisclosed  
Arm  
Hand  
Oblique  
Knee  
Groin  
Foot  
Shin  
Leg  
Elbow  
Shoulder  
Ribs  
Calf  
Back  
Neck  
Hamstring  
Concussion  
Finger  
Knee MCL  
Wrist  
Abdominal  
Quad  
Thumb  
Ankle  
None

0

50

100

150

Recovery Time (days)

