

Horrific Injuries and Leg Breaks in the UFC

The Joe Rogan experience Yeah Anderson is as far as I know the only guy who successfully come back after that shin break no one else is really no one else was able to do it Well uh didn't uh mcgregor Well Tyrone Spong the mcgregor fight Uh No he hasn't fought since but Tyrone Spong he's done it He he had a horrible one against Gokhan Saki Horrible same thing as uh Chris Wean Uia Hall Same check horrible snap And he isn't he about to come back though Well Tyrone Spong became a boxer He'll still do M ma I know he had at least one M MA fight since then Uh But you know he was an elite kickboxer He was an elite man He was so good and to see his shin snap like that you're like damn I mean you would always think about it before you went to throw a shot You would always think about the two years it took you to fucking regrow your bone back where you could throw kicks with it again I wouldn't say it slowed my kicks down Checks have done that enough You know what I mean Checks hurt hurt enough or deterrent enough But uh and yeah it definitely give you something to think about You know it's definitely it's the most one of the most horrific injuries in the sport that that shin injury and it's happened So there's so many versions of it Now on Instagram you find somebody you see a small shows where guys are doing it accidentally breaking their legs I think Nora uh getting his arm snapped was pretty horrific as well That was horrible I saw another girl get her arm snapped in a jitsu tournament Same thing Oh goddamn it Tap I remember when uh Khabib had Michael Johnson and I remember thinking just please tap please tap please tap just please tap Don't make me see this man Don't make me see this tap He got you fight another day Please tap please tap that fucking spiral arm fracture from that Kimora is so nasty And I hear those are from from doctors I hear those are really hard to uh repair and stuff hard to repair You know who knows if your arm is ever gonna be the same again That's a rough one to come back from my friend Tom broke his arm playing basketball Like what was it like two years ago Jamie two years ago it's still fucked He still start humus or what part did he break He broke the top he broke the top bone like up here Oh that's a humerus It was big big fracture that nerve damage in his hand I can imagine that one being painful because it not only is the break painful but you got the weight of the arm pulling on that thing and that can make it hard for it to heal as well Yeah dude Injuries What's the worst injury you've had in M MA In M ma I've torn well I hadn't I didn't te in my in my career I've torn my pet training You know what I mean I think the worst one

I had in competition I mean I've broken my hand in competition Did you tear your pack in drilling or sparring It was just we were initiating a warm up So it was a warm up role Me and Ben was like a warm up role and I was passing his guard and Henderson Ben Henderson Yeah And he uh shout out to the lab Oh yeah all day long lab all day You all know that Everybody knows what what what we do So uh it's great great It really is Yeah that's the whole reason why I quit my six figure job and moved moved to Phoenix Arizona But yeah uh he had a whizzer on my left arm and I was passing to the right side So I cleared the I cleared his leg and uh I went to pass his garden I went to uh I was extended with my left arm because he had the wizard and I went to get strong to collect them up with the side control And as soon as I contracted that peck and tore it just like that little three little rips and it tour um that was February I think that was during the that was fight week for John Jones versus who did his last fight at light heavy Dominick Reyes Yeah So that happened in Houston at the hotel and then I came back and fought yeah that was 2020 before COVID and then I came back and fought Robert Whitaker in Abu Dhabi was still fucked up No the pack was fine Shout out to a physical therapy Now you got me running around all my shout outs Now shout out to a a physical therapy I've been hitting them up since uh the Anderson Silver fight You know what I mean I've been working out with them uh working out there as well as working out at the lab Those two combined of you see you guys see my cardio those two combined has really uh propelled my career But uh I came back after the peck tear of the fight Robert Whitaker and like not not a minute into the fight He throws his patented Reaper combo 12 head kick and breaks my uh left Er so I ended up fighting this guy for what another two rounds plus four minutes of the first round with a broken owner and uh I almost got him too You should see the other guy Right That's one of those crazy freak injuries that like it can always happen when you're blocking kicks But it was my fault I I extended my arm to block more reactionary as opposed to being grounded and prepared and bracing and you know ready to absorb the kick like oh shit And uh the reason being because I was slipping his his initiation typical shit We all see it happen all day all day long with Robert Whitaker we all know that combination and