

# Horrific Injuries and Leg Breaks in the UFC

<https://silosolo.com/351429>

## Summary

The video discusses various injuries in the sport of MMA, including shin injuries, arm fractures, and torn pectoral muscles. Anderson Silva is mentioned as the only person known to successfully come back after a shin break. The video also talks about the risks of blocking kicks and the importance of proper training. Overall, it highlights the severe nature of these injuries and their impact on an athlete's career.

## Silo sample questions

- What is considered one of the most horrific injuries in the sport?
- Who is the only person known to successfully come back after a shin break?
- What other injuries are mentioned in the video?
- What was the result of blocking a head kick with an extended arm?
- What caused a torn pectoral muscle?

## Topics

shin injury

arm fractures

torn pectoral muscle

blocking kicks

training

MMA

## Key Takeaways

- A shin injury.
- Anderson Silva.
- Arm fractures and torn pectoral muscle.
- The arm was broken.
- Passing the guard in a Jiu-Jitsu roll.

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