

# Sports-Related Retina Injuries

Participating in sports can have a host of benefits, including enhanced physical and mental health. Along with the positive impact of playing sports, there is a risk of physical injury including those that can affect vision.



## Reduce risk through awareness

**Injuries to the retina can occur during sports such as soccer, tennis, and basketball when blunt injury or a direct blow to the eye from a sports ball causes the retina to tear or detach. Penetrating injuries, when a finger, elbow, or other object enters the eye, can also damage the retina or other structures in the eye. Sports-related retina injuries can lead to vision loss, and even blindness, without immediate medical attention.**

Learning more about how the retina can be damaged during sports, symptoms to watch for and precautions to take can help reduce the risk of sports ball-related retina injuries.

## Sports that often lead to sports ball-related eye or retina injuries include:

- Baseball
- Basketball
- Golf
- Paintball
- Pickleball
- Racquet Sports  
(including Badminton, Racquetball, Squash, Tennis)
- Soccer



For more information  
visit [SeeforALifetime.org](https://www.SeeforALifetime.org)

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**The Foundation**  
American Society of Retina Specialists

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## Symptoms of a sports ball-related retina injury may include:

- Blurred vision
- Floaters
- Flashes of light
- Pain in the eye
- Sensitivity to light
- A black spot or curtain in your vision



Early diagnosis and treatment can help to prevent permanent vision loss. If you experience these symptoms, seek treatment from a retina specialist immediately.

## Common sports ball-related retina injuries include:

- \* Retinal detachment
- \* Retinal dialysis, a type of retinal tear often caused by blunt trauma
- \* Retinal swelling
- \* Macular hole
- \* Retinal or vitreous hemorrhage or bleeding



## There are several things you can do to reduce the risk of sports-related retina injuries:

- ✓ Wear protective eyewear when playing sports.
- ✓ Make sure your eyewear is the right fit and is made from shatterproof material.
- ✓ Be aware of your surroundings and if possible leave space between you and other players to decrease the risk of being hit in the eye.
- ✓ If you experience eye injury or trauma, see an ophthalmologist or retina specialist immediately, even if you do not have any symptoms.



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