

# **zach ertz injury history**

**Zach Ertz injury history** is a topic that has garnered attention among NFL fans and analysts alike. As a talented tight end, Ertz has had an impressive career, marked by notable achievements and contributions to his teams. However, his journey has also been marred by injuries, which have impacted his performance and availability on the field. This article delves into the specifics of Zach Ertz's injury history, its implications on his career, and how it has shaped his playing style and future.

## **Early Career and Initial Injuries**

Zach Ertz was drafted by the Philadelphia Eagles in the second round of the 2013 NFL Draft. He quickly established himself as a key player for the team, demonstrating exceptional receiving skills and route running. However, like many athletes, Ertz faced some injury challenges early in his career.

### **2014 Season: The First Signs**

In his second year in the league, Ertz dealt with a few minor injuries, including:

- Concussion: He suffered a concussion during the 2014 season, which sidelined him for a couple of games.
- Groin Strain: A groin injury also limited his effectiveness, affecting his ability to contribute fully to the team's offense.

Despite these setbacks, Ertz managed to bounce back and continued to improve his performance in subsequent seasons.

## **Breakout Years and Injury Challenges**

The years 2015 and 2016 marked a pivotal point in Ertz's career. He became a key target for the Eagles, especially in the red zone, and was instrumental in the team's success.

### **2016 Season: Ankle Sprain**

In the 2016 season, Ertz enjoyed a breakout year, finishing with 78 receptions for 816 yards and 4 touchdowns. However, his season was not without a hiccup:

- Ankle Sprain: Ertz suffered a significant ankle sprain late in the season, which caused him to miss the final two games. Despite the injury, he played a crucial role in the Eagles' playoff run.

## **2017 Season: Super Bowl Champion with a Fractured Rib**

The 2017 season was one of the most memorable for both Zach Ertz and the Eagles. He played a pivotal role in helping the team secure its first Super Bowl title. However, he faced another injury challenge:

- Rib Injury: During the playoffs, Ertz suffered a fractured rib that could have sidelined him. Nevertheless, he played through the pain and was a key contributor in the Super Bowl, catching a pivotal touchdown pass in the victory over the New England Patriots.

## **Recent Injuries and Their Impact**

As Ertz continued to establish himself as one of the top tight ends in the league, injuries began to take a more significant toll on his career.

## **2020 Season: The High Ankle Sprain**

The 2020 season proved to be a challenging one for Ertz. He faced a critical injury that impacted his performance and the Eagles' offense:

- High Ankle Sprain: In Week 6 of the 2020 season, Ertz suffered a high ankle sprain that kept him out for a significant portion of the season. He was placed on injured reserve and returned later in the season, but his production was noticeably affected.

This injury marked a turning point in Ertz's career, leading to speculation about his future with the Eagles.

## **2021 Season: Trade to the Arizona Cardinals**

In October 2021, Zach Ertz was traded to the Arizona Cardinals, marking the end of his tenure with the Eagles. The move was primarily motivated by the Eagles' desire to rebuild and the Cardinals' need for a reliable tight end.

- Minor Injuries: During his time with the Cardinals, Ertz faced some minor injuries but managed to stay relatively healthy, contributing effectively to the team's offense.

## **Playing Style Adaptations**

Injuries have inevitably influenced Zach Ertz's playing style. As he has aged and faced various injuries, he has adapted his approach to the game.

## Shift in Role

Ertz's injuries have led to a shift in how he plays:

- Route Running: He has become more selective with his routes, focusing on high-percentage throws that minimize the risk of injury.
- Blocking: While he has always been a competent blocker, Ertz has increased his focus on this aspect, providing additional value to his teams, particularly in the run game.

## Future Outlook and Conclusion

As of the 2023 season, Zach Ertz continues to play for the Arizona Cardinals, and his future in the NFL remains a topic of discussion. While his injury history raises concerns, his talent and experience cannot be overlooked.

## Key Considerations for the Future

- Health Management: As Ertz continues his career, managing his health will be crucial. Teams may need to monitor his playing time and practice workload to keep him on the field.
- Retirement Plans: At 33 years old, discussions about retirement are becoming more prevalent. While he has expressed a love for the game, the cumulative effects of injuries may influence his decision.

In conclusion, Zach Ertz's injury history is a significant aspect of his NFL journey. While injuries have posed challenges, they have also led to adaptations that have allowed him to remain a productive player. Fans and analysts alike will be watching closely as he navigates the final chapters of his career, hoping for continued success and health on the field.

## Frequently Asked Questions

### **What significant injuries has Zach Ertz experienced during his NFL career?**

Zach Ertz has faced multiple injuries, including a broken rib in 2017, a hamstring injury in 2019, and a knee injury in 2021 that required surgery.

### **How did Zach Ertz's injuries impact his performance on the field?**

Injuries have occasionally limited Ertz's playing time and production, particularly during

the 2020 and 2021 seasons, affecting his stats and overall impact on games.

## **What was the nature of Zach Ertz's knee injury in 2021?**

Zach Ertz suffered a torn ACL and MCL in his right knee during a game in October 2021, which required surgery and sidelined him for several weeks.

## **How has Zach Ertz's injury history affected his value in fantasy football?**

Due to his injury history, Zach Ertz's fantasy value has fluctuated, with some managers wary of drafting him high, while others see potential in his recovery and past performance.

## **Has Zach Ertz missed significant time due to injuries?**

Yes, Ertz missed a total of 5 games in 2021 due to his knee injury and has had other shorter absences throughout his career due to various injuries.

## **What steps has Zach Ertz taken to recover from his injuries?**

Ertz has engaged in extensive rehabilitation programs, including physical therapy and strength training, to aid his recovery and return to peak performance.

## **How do analysts view Zach Ertz's injury risk moving forward?**

Analysts are cautious about Ertz's injury risk, noting his past issues but also acknowledging his resilience and ability to bounce back after surgeries.

## **What was Zach Ertz's performance like in the season following his major injuries?**

In the seasons following his major injuries, Ertz has shown a gradual return to form, with significant contributions, especially noted in the 2022 season after his knee recovery.

## **What preventive measures are being taken by Zach Ertz to avoid future injuries?**

Ertz has focused on injury prevention techniques, including tailored training programs, flexibility exercises, and proper recovery protocols to minimize the risk of future injuries.

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