

A

academic achievement, 112–114
aggression, 9, 18, 24, 28, 43, 44, 137
Aikman, Troy, 65–66
Alzado, Lyle, 28–29
Alzheimer's disease, 60, 101, 126
Ames, Tavia Jo, 7
anabolic steroids
 acceptance of use, 41
 efficacy of, 26
 legal aspects, 24
 myth of drug-free heroes, 23–24, 25
 Olympic athletes and, 40
 reasons for use, 29, 30–31
 side effects, behavioral, 9, 18, 24, 28, 43–44, 151
 side effects, physical, 26, 27–28, 30, 42–43
 use history in sports, 40–41
 use in high schools, 26–27, 41
Anabolic Steroids Control Act of 1990, 24
athletic equipment standards, 79

B

Baltimore Colts, 10
Batista, Judy, 67, 149
Beard, Rob, 7
Belichick, Bill, 34
Bell, Rickie, 89
benefits. *See* retired players
Blount, Le Garrette, 7
body mass index (BMI), 18, 104
Boston University School of Medicine, 58, 66
Bowlin, Mike, 7
Bradshaw, Terry, 66
brain. *See also* chronic traumatic encephalopathy; concussions
 healthy vs. damaged, 74–75
 injury susceptibility of teenage brain, 69
 repetitive trauma to, 61, 62–65, 76
Brantley, Scott, 124, 126–127
Brooks, Derrick, 89
Brown, Reggie, 3
Bryant, Bear, 92
Buffalo Bills, 2
Bures, Plaxico, 5–6
Butkus, Dick, 92

C

- Canesco, Jose, 29
- Carson, William G., on healthy competition, 117–118
- Center for the Study of Traumatic Encephalopathy (CSTE), 58, 66, 73, 118–119
- Chambers, Wally, 36–37
- Chaney, Matt, 40–41
- cheating in college, 113
- chronic traumatic encephalopathy (CTE). *See also* concussions
 - assisted living for affected players, 137
 - cases, 46–48, 52–53, 56, 60, 129, 132
 - Center for the Study of Traumatic Encephalopathy (CSTE), 58, 66, 73, 118–119
 - defined, 58–59
 - frequency of, 108
 - in high school football players, 66
- CIBA (pharmaceutical company), 41, 42
- Clark, Dan, 26, 150
- coaches
 - importance in Pee Wee football, 120
 - overriding of physician orders, 33–34
 - parent volunteers, 117–118
- cognitive impairment, mild (MCI), 60
- College Football Hall of Fame, 91, 94
- competition, 30–31, 117–118
- concussions. *See also* chronic traumatic encephalopathy
 - consequences of (CNN news report), 74–77
 - in girls and women, 69–73
 - helmet standards, 79
 - identification of, 62, 68, 75–76
 - NFL handbook on (2009), 59
 - physician opinions, 49–50, 52–53, 55
 - in sports, generally, 77–78
 - Sports Legacy Institute findings, 118–119
 - sustained by Gay Culverhouse, 57–58, 61, 134
 - in youth football, 119–121
- conflicts of interest, 37, 38–40, 79
- congressional hearings and testimony, 24, 32. *See also* *Legal Issues Relating to Football Head Injuries*
- Congressional Research Service (CRS) report, 38
- Conservation of Momentum law, 105
- Consumer Products Safety Commission, 79
- contracts, 63, 108
- Conyers, John, 38, 60
- Cornell University, 46
- cortisone injections, 37, 39–40
- Courson, Steve, 16–25, 43
- Crowder, Randy, 92

Index for *Throwaway Players: Concussion Crisis from Pee Wee Football to the NFL*

Culverhouse, Gay

- attitude toward football, 41–42
- daughter, 30, 44–45
- dislike of injections, 111
- horseback riding accident, 57–58, 61
- House Judiciary Committee testimony, 38–40, 124–125
- Players' Outreach Program, 125, 127, 134–136, 140
- as president of Tampa Bay Buccaneers, 13
- research methods, 123–124
- view of NFL, 11–12
- as a woman in the football business, 13–14

Culverhouse, Hugh, 10–14

Culverhouse/McKay partnership, 140–141

Currier, Glen, 28

D

“Dark Days Follow Hard-Hitting Career in the NFL”(Schwarz), 33–34, 151

deaths, 25, 44–56

dementia, gridiron. *See* chronic traumatic encephalopathy (CTE)

dementia pugilista, 55

Detroit Lions, 2–3

Dianbol, 18–19, 22, 28, 41, 42

Dilaudid, 32

disability claims

- barriers to access, 106, 109–110, 127

- denial of, 55

- percentage receiving, 108

- for pre-1993 players, 100–101

Ditka, Mike, 109

Dobler, Conrad, 106, 150

Dolan, Jim, 49–50

Dooley, H. Kay, 41

Ducks (University of Oregon), 7–8

Dulac, Gerry, 66

E

Eckwood, Jerry, 129, 130–133

88 Plan, 132–133, 136, 142

Eisenberg, John, 106–108, 149

Embry, Garrett, 7

encephalopathy. *See* chronic traumatic encephalopathy

ergogenic aids. *See also* anabolic steroids

- growth hormones, 114–116, 117, 149

- insulin, 116

- level of play and, 29

Index for *Throwaway Players: Concussion Crisis from Pee Wee Football to the NFL*

in middle school and high school, 26–27, 31, 41
Everett, Kevin, 2

F

Faugham, Donal, 50
Favre, Brett, 68
Fisher, Nathan, 110
Florida State University academic fraud case, 113
Food and Drug Administration, 114, 115
football as a business, 38–39, 40, 97, 133. *See also* youth football leagues
Football Physics: The Science of the Game (Gay), 105, 150

G

game demeanor, 84, 97
Gay, Tim, 105, 150
“Getting Physical and Chemical” (Lieber), 19–20, 150
girls and sports, 69–73
Goldberg, Dave, 2
Goodell, Roger, 59, 125
Green Bay Packers, 65
Gridiron Greats, 109
Grimes, Randy, 35–36
Grimsley, John Glenn, 55–56
growth hormones, 114–116, 117, 149
Gruden, John, 139
Gupta, Sanjay, 73, 74–77
gynecomastia, 26

H

Hamm, Mia, 69–70
Hargrove, Thomas, 104, 150
heart ailments, 18, 21, 30, 105, 126, 152
“Heavy NFL Players Twice as Likely to Die before Age 50” (Hargrove), 104, 150
helmets, 78–79
Henderson, Joe, 103, 150
Hero of the Underground (Peter), 34, 150
high school football
 academics and, 112–113
 concussions, 66, 67–68
 deaths, 66
 steroid use, 26–27, 41
 team physicians, 68–69
Highsmith, Arnie, 81
Hoge, Merrill, 104, 119–120

Index for *Throwaway Players: Concussion Crisis from Pee Wee Football to the NFL*

homelessness, 63, 135
hormones. *See* growth hormones
hospital/team alliances, 33
Hout, Bryon, 7

I

injuries. *See also* brain; chronic traumatic encephalopathy; concussions; pain
 contributing factors, 104
 knee, 7, 17, 18, 22, 23, 106–107
 leg, 3
 player salaries and, 4–5, 101, 108
 public perception of, 132
 safety standards, 78–79
 spinal, 2, 3, 57, 66, 100
 whiplash effect, 47, 63
insulin and insulin-like growth factor (IGF-I), 116
insurance, medical, 101, 105–106
International Olympic Committee, 114, 115
Irsay, Robert, 10
Irvin, Michael, 103

J

James, LaMichael, 8
Jasmon, Kelly, 68
Jauron, Dick, 2
Johnson, Ted, 34
Johnson, William, 21
Jones, Adam “Pacman”, 44
Joseph, Davin, 103–104

K

Kelly, Chip, 7
knee injuries, 7, 17, 18, 22, 23, 106–107
Kockakian, Charles D., 40–41

L

labor union. *See* NFL Players Association (NFLPA)
Lanier, Willie, 92
Lee Roy Selman Center, 136
Legal Issues Relating to Football Head Injuries (House Judiciary Committee hearing)
 Culverhouse testimony, 38–40, 124–125
 Goodell testimony, 59
 Nowinsky testimony, 118–119

Index for *Throwaway Players: Concussion Crisis from Pee Wee Football to the NFL*

Perfetto testimony, 60
leg injuries, 3
Lieber, Jill, 19–20, 150
linebacker techniques, 96
literacy, 114
Lohr, Matt, 67
Long, Howie, 114
Long, Terrence Luther “T-Bone”, 51–52
Lorcet, 34
Los Angeles Rams, 10

M

Manly, Dexter, 115
McCrary, Michael, 106–108, 149
McEwen, Tom, 89
McGuire, Mark, 29
McHale, Tom, 44–47, 63, 129
McKay, Corky, 138
McKay, John, 85, 86, 129, 138–140, 141
McKay, Rich, 137–141
McKee, Ann, 73, 74–77
memory loss
 drug use and, 128
 in specific athletes, 67, 71–72, 130, 131–132
Meyer, Urban, 8
Michener, James, 103
mild cognitive impairment (MCI), 60
Moon, Warren, 61, 62

N

National Collegiate Athletic Association, 113, 114
National Football Foundation, 91
National Football League (NFL)
 Alumni Association, 101
 awarding of team franchises, 10–11
 on concussed players, 59, 67
 draft, 31–32, 85
 Handbook, 59
 job-seeking program for retirees, 5
 player salaries and injuries, 4–5, 101, 108
 players association, 109–110, 144, 152
 Retired Players Association, 100
 Rules and Competition Committee, 137
 services for retired players, 140, 142–147
National Operating Committee on Standards for Athletic Equipment (NOCSAE), 79

Index for *Throwaway Players: Concussion Crisis from Pee Wee Football to the NFL*

neurologists, 68–69, 75
New England Patriots, 2, 25, 34
New York Giants, 3, 5
NFL Players Association (NFLPA), 109–110, 144, 152
Nitschke, Ray, 92
Noll, Chuck, 22–23
Nowinski, Christopher, 118–119

O

Oakland Raiders, 2
obesity in retired players, 106, 145
O’Keeffe, Michael, 106, 150
Olympic athletes, 41
Olympic Committee, 114, 115
Omalu, Bennet, 50, 52–53, 55
“Once the NFL’s ‘Dirtiest,’ Conrad Dobler Tries to Piece Life Together After Football Ravaged His Health”(O’Keeffe), 106, 150
Oriard, Michael, 103

P

pain
 medication for relief, 32, 34–35, 37
 playing through, 68, 84, 99–100
parent education, 117–122, 136–137
peer pressure on children, 31, 81
Pee Wee football. *See* youth football leagues
Percoset, 32
Perfetto, Eleanor, 60, 136
performance-enhancing drugs. *See* anabolic steroids
Perkins, Ray, 65
Perry, William “Refrigerator”, 104
Peter, Jason, 34, 150
physicians
 neurologists, 68–69, 75
 non-NFL, 40, 107
 team, 33, 37, 38–40, 68
Pittsburgh Steelers, 22–23, 48, 51
player size, 19, 25, 30, 95, 104–105, 149, 150. *See also* obesity in retired players
Play Hard, Die Young (Omalu), 52–53
Police Athletic League (PAL), 81–82
Pop Warner Football. *See* youth football leagues
Pride and Perseverance (Dobler), 106
Prine, Carl, 108, 109, 150
“Pro Football Bigger, Faster, and Some Say, More Dangerous” (Henderson), 104–105
punch drunk syndrome, 55

Q

quarterbacks, 64–66

R

Reaves, John, 125

recombinant human growth hormone (rhGH). *See* growth hormones

retired players

benefits, 142–147, 152

88 Plan, 132–133, 136, 142

obesity, 106, 145

Retired Players Association, 100

Road Runner as symbol, 61

Roberts, Greg, 125

Roethlisberger, Ben, 5–6, 64, 66–67, 149

Rosenbloom, Carroll, 10

Roy, Alvin, 40, 41

S

safety in sports, 77–78

safety standards, 78–79

salaries, 4–5, 101, 108

Sallis, Robert, 69

Sanchez, Linda, 59

San Diego Chargers, 40

scholarships, 121–122

Schwarz, Alan, 33–34, 50, 62, 67–68, 69, 151

Selman, Lee Roy, 89, 136

Selman Center, 136

Shapiro, Leonard, 49–50, 151

“Silence on Concussions Raises Risks of Injuries” (Schwarz), 68, 151

Simms, Matt, 7

Smith, DeMaurice, 125

soccer, 69–70, 73

spinal injuries, 2, 3, 57, 66, 100

Spirit of Denial (Chaney), 40–41

sporting goods industry, 79

Sports Concussion Institute, 61

Sports in America (Michener), 103

sports merchandise, 78

“Sports People: Football, No Regrets, Says Utely” (*New York Times* January 11, 1992), 2–3

“Steelers Ben Roethlisberger Says He Has Recovered from Concussion” (Batista), 149

Stern, Robert, 66

steroids. *See* anabolic steroids

Index for *Throwaway Players: Concussion Crisis from Pee Wee Football to the NFL*

Stingley, Darryl, 2
Strzelczyk, Justin, 49–51
suicide and suicide attempts, 51, 52, 53, 54
Super Bowl, 12–13

T

Tampa Bay Buccaneers
 franchise history, 10–11
 organizational golf club memberships, 14
 sexual harassment by players, 44
 team physicians, 68–69
 Toys for Tots promotion (1984), 16
Tampa Bay Chamber of Commerce, 14
Tatum, Jack, 2
Tau protein, 47, 52–53, 58, 71–72, 132, 134
Taylor, Lawrence (LT), 3
Testaverde, Vinny, 65
testosterone, 40–41, 51
Texas A&M, 92
Theismann, Joe, 3
Title IX, 69–70
Trenton, Adam, 28
Trojans (USC). *See* University of Southern California (USC) football

U

Udall, Tom, 79
Ultimate Fighting Championship (UFC), 96–97
University of Florida, 8, 111–112
University of Nebraska, 34
University of Oregon Ducks, 7–8
University of South Carolina, 21, 24
 coaches indicted, 24
University of Southern California (USC) football, 83–85, 90, 91, 93
Upshaw, Gene, 32
U.S. Food and Drug Administration, 114, 115
U.S. House of Representatives, Judiciary Committee hearing. *See Legal Issues Relating to Football Head Injuries*
Utely, Mike, 2–3

V

Vicodin, 32, 34
Vincent, Troy, 62
violence in football
 as characteristic of game, 99

Index for *Throwaway Players: Concussion Crisis from Pee Wee Football to the NFL*

off-field behavior, 4, 7–9
player views, 103–104
predictions for less, 96–96
prevention of, 93–94
spectator aspect, 1–2, 103, 124
University of Oregon Ducks, 7–8
view vs. reality, 15
violence in sport, 1, 3, 5
Von Bischoffhausen, Jack, 91, 96
Vonn, Lyndsay, 77

W

Ward, Hines, 67
Washington Redskins, 3
Waters, Andre “Dirty Waters,” 53–55
Webster, Michael Lewis “Iron Mike,” 48
Weinberg, Rick, 3
Welch, Mitchell, 131–133
Wentzel, Ralph, 60, 136
Wharton Wildcats, 89–90, 91
whiplash, 47
Williams, Doug, 129, 138
Williamson, Richard, 88
Winslow, Kellen, 7
Wood, Karen, 97–98
Wood, Richard “Batman”
 on coaching, 93–94
 coaching career, 88–91
 concussions, 98
 on football, 102
 game demeanor, 84
 on injury and pain, 91–93, 98–100
 origin of nickname, 83–84
 professional football career, 85–87
 on steroid use, 95
 as USC player, 83–85, 90, 91, 93
 youth and college football, 81–85, 91, 98
worker’s compensation claims, 53
World Anti-Doping Agency (WADA), 116
Wyche, Sam, 88

Y

Yankton College, 28
Yaras-Davis, Miki, 110
Young, Steve, 64–65

Index for *Throwaway Players: Concussion Crisis from Pee Wee Football to the NFL*

youth football leagues

coaching of, 120–121

concussions, 119–121

parental role, 117–118, 121–122, 136–137

Richard Wood and, 81–82

safety, 78–80, 93

sideline personnel, 136

team physicians, lack of, 68

Z

Zatechka, Rob, 104

Zigler, John, 41, 42

Zimbalist, Andrew, 108