

Kyle

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WeightWatchers' Contributor

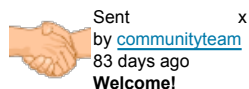
# Sports Stack

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#### kylestack

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[prosparkwest](#) home from my honeymoon!!  
10/3/10 03:52 AM

[pedrog263](#) New posts coming this weekend including weigh-in results!  
10/11/10 11:30 AM

[pedrog263](#) Did a great cardio workout on both the treadmill and the elliptical trainer for 81 minutes and earning 7 Acitivity POINTS to burn off the 3 POINTS I went over tonight!  
9/30/10 10:17 PM

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### What my Friends are up to

[prosparkwest](#) wrote on [prosparkwest's blog](#).

[pedrog263](#) wrote on [pedrog263's blog](#).

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## Twins Protect Their Star Player

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Written by [kylestack](#) on 10/04/2010 3:51:14 PM

Adrenaline can often help athletes mask whatever pain they're dealing with, so they can get back on the field. Anything from a sprained ankle to a separated shoulder can be treated. Yet a concussion is the one injury too dangerous for any athlete to attempt to mask. The Minnesota Twins understand that.



Now that the Twins are in the MLB postseason, the attention on them turned to whether their star first baseman, Justin Morneau, would take the field. Morneau hasn't played since suffering a concussion July 7th. However, the Twins erased any possibility of that Monday with the announcement they would shut down their MVP-caliber slugger for the remainder of the season. I applaud their decision.

Morneau suffered the concussion in a collision with a Toronto Blue Jays second baseman. He was visibly shaken on the field. Since the incident, he's seen many head and concussion specialists. The Twins forged their way ahead, even without their star, who has hit .345 with 18 home runs and 56 RBIs in 81 games. Success in the playoffs would have been more likely with one of their best players in the lineup.

Yet the Twins decided any benefit they could derive from playing Morneau wouldn't be worth the risk he would pose to his health. It's a responsible decision which shows they're not willing to risk short-term glory for long-term production.

Even though Morneau proclaimed himself asymptomatic after full-scale workouts last week, the Twins won't let him push himself any further. The allure of playing in the postseason must make it difficult for Morneau to sit. Of course, he'll realize something -- if he doesn't already -- that the Twins made clear. A concussion is the one injury that can't be treated -- it has to be healed.

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