



decade of damage



Nose Save the Easter Island comparisons: Henderson has heard it before. "When I was wrestling, I got smashed in the face on the mat. It swelled up pretty bad, but I've never really injured my nose in a fight. I've only had it bleed once or twice, but it looks like it's been broken."

Teeth (See: Lack of) "It's actually an old training injury. I lost one tooth during training and got a bridge put in, then lost that during a sparring session with Randy [Couture]. I lost the other tooth in a fight against [Antonio Rodrigo] Nogueira. Everything's nice and solid now, but there's nothing left there up front."

Right Hand "I broke it against Wanderlei [Silva] at Pride 33. I didn't feel it when it happened, but I felt it between the first and second round. Then my hand hurt pretty bad. That's the last I thought about it until the fight was over. It definitely hurt after the fight. Hands are the most common injury in fighting. It seems like everyone has a hand injury at some point."

Fingers "I tore the ligaments on a couple of my fingers...the one between the middle and pinky fingers. I tore the one on my left hand a long time ago, and then against Quinton Jackson I tore the other one in my right hand. In that finger, the last joint doesn't straighten out all the way in both hands."

Right Ankle "I had it cleaned out once—just like the elbows—to remove bone chips and scar tissue. I sprained it real bad a few times and had it popped once during a submission-grappling tournament. It was swollen from being sprained, and then a guy put me in an ankle lock and it popped pretty badly."

Jaw "I had my jaw broken by Carlos Newton at UFC 17 and had to have two surgeries to correct it. It was one of my first MMA fights, and it hurt more than I thought it would. I ended up losing some weight after that because I couldn't eat right."

Left Shoulder Pitching for the Majors is no longer an option. "I had it reconstructed once. I've had problems with my rotator-cuff joints for years."

Elbows Wrestlers frequently have bone chips and scar tissue accumulate in their joints. "I had one elbow cleaned out twice with surgery, the other elbow cleaned out once—a bunch of bone chips and scar tissue removed that had built up over time."

Left Thumb "I dislocated it when I fought [Murilo] Bustamante in 2003, which was three and a half months after I had knee surgery. I tore the ligament that holds the thumb in, so now it pops way up in the air. I have to tape it to hold it down."

Back "I've had my share of aches and pains over the years with wrestling and MMA. Nothing specific, but lots of stingers and herniated discs. Over the years it adds up and gets worse. I'm sure I'll be hunched over like an old man before [long]."

Left Knee "When I beat [Shungo] Oyama at Pride 25, I started celebrating and jumping around the ring. I jumped up on the ropes, bounced backward, landed funny and popped my knee. I'm pretty sure it was damaged before that, but that's definitely when I hurt my meniscus and tore my ACL."

Big Toe "I broke it against [Ricardo] Arona. I was pushing off and my toe got bent backward a little bit. I found out later that I broke a small bone in there. I didn't feel it at the time it happened, but later on it stung pretty good."

Dan Henderson

THE PRIDE AND UFC VETERAN ON HIS MOST MEMORABLE MAT BURNS.

By Kelly Grigger

Settling on a career in mixed martial arts is not unlike volunteering for a series of head-on collisions: consciousness is lost; limbs bend in unpleasant ways; you insist on your "regular" bed in the ER.

Proof is in the anatomy chart of former Pride Middleweight and Light Heavyweight Champion Dan Henderson, who has punched in nearly 12 years, 31 fights and a roughly 75% win percentage, but not without enough Motrin, Percocet and anesthesia injections to stunt the growth of a rhino.

This is why his doctor drives a nice car.