



## decade of damage



**Back** Serra was forced to pull out of his scheduled UFC 79 fight with Matt Hughes due to two herniated discs (L4 and L5). "That was by far my worst because I couldn't even walk. It was bad. I couldn't sit down. I couldn't get up off the bowl."

**Right Biceps** Prior to UFC 36 in 2002, Serra ripped his right biceps muscle while sparring; he went on with the fight against Kelly Dullanty anyway. "It hurt bad, but I ended up winning by triangle choke in the first round. It's pretty freaky when I flex it. It looks all alien, so I don't do much strength work with it. I like to say before that injury I had two guns; now I have a gun and a pistol."

**Right Elbow** At UFC 83, Serra hit Georges St. Pierre in the head with a right elbow that immediately resonated up his arm. Seconds later, it went numb. "I had burst my ulna nerve. I cracked him with an elbow thinking I was Kenny Florian. Next thing I know I can't feel the rest of my arm."

**Left Elbow** "Whatever that sack is in your elbow [bursa], I busted that [against Jeff Curran at UFC 46] and it swelled up real big in my arm. It was pretty freaky. After the fight there was a click in my arm, so I went to the doc to see what was up and next thing I know it was filled up with fluid and had to be drained three times."

**Belly** Sure, blame the hernia on off-season bulking: "Man, I love my pasta, but I gotta say pizza. You just can't go wrong with a good piece of pizza."

**Left Knee** Serra tore the meniscus muscle in his left knee prior to his fight with Karo Parisyan. "That wasn't so bad. It's not like tearing an ACL or MCL—at least, I hear it's not. It was stiff and sore, but that's about it."

# Matt Serra

HERE'S WHY THE "TERROR" HAS BLUE CROSS ON SPEED DIAL. *By Kelly Crigger*

**With 10 years** logged in competition, former UFC Welterweight Champion Matt "The Terror" Serra has battered bone, sheared muscle and herniated discs in enough quantities to fill out a "Grey's Anatomy" script. But none of those injuries hurt as bad as having to pull out of UFC 79 against the

proverbial gravel in his shoe, Matt Hughes, due to the aforementioned damaged discs. At May 23's UFC 98, Serra finally escaped his gurney long enough to get a shot at his nemesis Hughes. Here, the durable Long Island fighter makes his case for being the future face of rheumatoid arthritis. 🥊