1. Discussion

Pulmonary contusions during sports have been reported to occur following skier-tree collisions, diving platform falls, a fall from a horse during a polo game, and tackle injuries during a rugby match3-8. The skier-tree collisions, diving platform falls and fall from the horse during a polo game were high energy accidents created by either gravity or horsepower. These events are similar to an automobile accident in terms of the level of energy, so it is not surprising that such pulmonary contusions have been observed. In contrast, rugby injuries tend to be contact injuries due to human power, so it is thought that such an accident would be rare and the severity of the pulmonary contusion would be mild in that case, similar to our present case. The present subject belonged to a semi-professional soccer team, where the players have a high kick energy in comparison to amateurs, and this patient received a soccer ball blow to the chest following a kick at point-blank range, so it was not surprising that an extremely rare pulmonary contusion occurred. There is no evidence that the subject’s asthma was associated with the risk of developing a contusion. Conservative therapy led to a favorable outcome for the isolated pulmonary lesion resulting from a weak energy sports accident. As a transient malfunction of the blood-gas barrier in the alveoli induced by blunt trauma might lead to the development of lung edema, and such lesions tend to resolve rapidly, it is likely that the present case was due to lung edema.

4. Conclusion

We herein reported the first case of a lung lesion induced by a soccer ball. Conservative treatment resulted in a favorable outcome.