

Byron Jones: I Can't Run or Jump Because of My Injuries



By Jorden Hampton February 26, 2023

Miami Dolphins Cornerback Byron Jones said he can't run or jump because of the injuries he's faced in the NFL. Byron Jones shared his comments via [Twitter](#). Byron Jones didn't play in 2022 due to a nagging groin injury. Jones had surgery during the offseason and was never taken off the Pup list.

Byron Jones's comments are significant because of the physical nature of the NFL. Players see their careers come and go in the NFL. Byron Jones's inability to jump is also significant. Jones recorded a broad jump of 12 feet 3 inches at the 2015 NFL Combine. Jones's impressive combine numbers helped him get drafted by the Dallas Cowboys.

Byron Jones's Injury History

Byron Jones has dealt with other [injuries](#) throughout his career. While attending the University of Connecticut Jones dislocated his left shoulder. The injury occurred on October 23, 2014.

Jones injured his shoulder in August before the 2015 NFL season. Jones suffered a pedal ankle strain late in the 2019 season and couldn't compete in the Cowboy's season finale. Jones suffered a groin strain during the 2020 season and missed two games.

Former NFL Players' Careers Cut Short

Playing in the NFL is tough because of the violence and contact connected to football. Byron Jones isn't retiring, but he may in the future because of injuries. Oakland Raiders Running Back Bo Jackson injured his hip in a playoff game in 1990. Jackson didn't return to the gridiron and retired from the NFL. Green Bay Packers Wide Receiver Sterling Sharpe was forced to retire after suffering a neck injury in 1994. Sharpe was one of the best wide receivers of his era. Denver Broncos Running Back Terrell Owens suffered knee injuries from 1999-2001. Owens eventually hung up the cleats in 2001.

Byron Jones's Future

Byron Jones's future is a mystery. Jones signed a [5-year \\$82 million](#) contract with the Dolphins on March 21, 2020. Jones received \$54 million guaranteed. The Dolphins signed Jones to pair with All-Pro Corner Xavien Howard. Unfortunately, Jones's injuries have kept him off the field. Jones could be cut over the offseason in cap-saving moves. Jones is an \$18.3 million cap hit and the Dolphins can save \$13.6 million by releasing or trading Jones before June 1. Let us hope Jones can return to the gridiron and put his injuries behind him.

[Byron Jones \(gridironheroics.com\)](http://gridironheroics.com)