



**TACKLE // 6-5 // 305 // ARKANSAS PINE-BLUFF '13**  
**ACQUIRED: UFA, '22 (NO)**  
**HOMETOWN: CAHOKIA, ILL. // BORN: 7/23/91**  
**NFL: 12TH SEASON // DOLPHINS: THIRD SEASON**



2018, 2019, 2020,  
2022, 2023



2018, 2019, 2020,  
2021, 2022, 2023,  
2024

## NFL CAREER

### TRANSACTIONS:

- Signed by Miami as an unrestricted free agent from New Orleans on March 24, 2022.
- 3rd-round pick (75th overall) by New Orleans in the 2013 NFL Draft.

### CAREER HONORS:

- No. 67 on the NFL Network Top 100 list in 2024.
- 2023 Pro Bowl selection.
- No. 83 on the NFL Network Top 100 list in 2023.
- 2022 Pro Bowl selection.
- 2022 PFWA All-AFC.
- No. 79 on the NFL Network Top 100 list in 2021.
- 2020 Ed Block Courage Award (New Orleans recipient).
- 2020 Pro Bowl selection.
- 2019 Pro Bowl selection.
- 2019 Walter Payton Man of the Year Nominee (New Orleans).
- 2018 Pro Bowl selection.
- 2018 2nd-team All-Pro.
- Ford Tough Offensive Line of the Week (at Cincinnati, 11/11/18).

### CAREER HIGHLIGHTS:

- Played in 131 career games with 127 starts at left tackle.
- 3 miscellaneous tackles.
- 3 miscellaneous fumble recoveries.
- Started 11 postseason games – 9 with New Orleans and 2 with Miami.
- Is a 7-time team captain (2018-24).

### 2024 (MIAMI):

- Started 11 games at left tackle.
- Inactive for 1 game.
- 1 miscellaneous fumble recovery.
- Serves as a team captain.

### AT NEW ENGLAND (10/6):

- Helped the Dolphins total 372 yards of offense including 193 rushing yards.

### AT BUFFALO (11/3):

- Helped the Dolphins total 149 rushing yards, marking the 4th consecutive game of 140+ rushing yards.

### VS. LAS VEGAS (11/17):

- Helped the offense total 353 yards and 34 points,

scoring on six of seven possessions in the win.

### HONORS:

- No. 67 on the NFL Network Top 100 list.

### 2023 (MIAMI):

- Started 10 games at left tackle.
- Inactive for 3 games.
- Missed 4 games after being placed on injured reserve on Oct. 6 and activated on Nov. 4.
- Served as a team captain.

### VS. DENVER (9/24):

- Helped the offense break team records for points (70), total yards (726) and rushing yards (350), while not surrendering a sack.

### AT WASHINGTON (12/3):

- Helped the Dolphins total 406 yards and 45 points while not allowing QB Tua Tagovailoa to get sacked.

### POSTSEASON:

### AFC WILD CARD AT KANSAS CITY (1/13):

- Started at left tackle.

### PRO BOWL:

- Selected to start the Pro Bowl for the 5th time in his career.

### HONORS:

- No. 83 on the NFL Network Top 100 list.

### 2022 (MIAMI):

- Started 13 games at left tackle.
- Inactive for 4 games.
- Served as a team captain.

### AT BALTIMORE (9/18):

- Helped the Dolphins overcome a 21-point fourth-quarter deficit and post 547 total yards in the win.

### AT DETROIT (10/30):

- Helped the Dolphins total 476 yards of offense in the come-from-behind victory.

### VS. CLEVELAND (11/13):

- Helped the offense total 491 yards and 39 points while not allowing QB Tua Tagovailoa to get sacked.

### PRO BOWL:

- Selected to start the Pro Bowl for the 4th time in his career.
- Became the 1st Dolphins offensive lineman selected to the Pro Bowl since 2015 (Branden Albert).

### HONORS:

- PFWA All-AFC

## POSTSEASON:

**AFC WILD CARD AT BUFFALO (1/15):** Started at left tackle.

## 2021 (NEW ORLEANS):

- Started 8 games at left tackle.
- Inactive for 9 games.
- 1 miscellaneous tackle.
- Served as a team captain.

**AT CAROLINA (9/19):** Started at left tackle.

- Appeared in his 100th career NFL game (regular season and playoffs).

**VS. ATLANTA (10/7):** Started at left tackle.

- Started his 100th career NFL game (regular season and playoffs).

**AT N.Y. JETS (12/12):** Started at left tackle.

- Helped block for a ground attack that gained 203 yards including 120 from RB Alvin Kamara.

## HONORS:

- No. 79 on the NFL Network Top 100 list.

## 2020 (NEW ORLEANS):

- Started 14 games at left tackle.
- Spent 2 games on the Reserve/COVID-19 list.
- Served as a team captain.

**AT TAMPA BAY (11/8):** Started at left tackle.

- Protected QB Drew Brees who completed 26-of-32 passing for 222 yards and 4 TDs for a QB rating of 135.2.

**VS. ATLANTA (11/22):** Started at left tackle.

**VS. MINNESOTA (12/25):** Started at left tackle.

- Paved the way for RB Alvin Kamara to rush for 155 yards and tie an NFL record with 6 rushing TDs.
- Protected QB Drew Brees and QB Taysom Hill as the team did not allow a sack.

## POSTSEASON:

**NFC WILD CARD VS. CHICAGO (1/10):** Started at left tackle.

**NFC DIVISIONAL VS. TAMPA BAY (1/17):** Started at left tackle.

## PRO BOWL:

- Selected to start the Pro Bowl for the 3rd-straight time in his career.

## HONORS:

- Ed Block Courage Award (New Orleans recipient).

## 2019 (NEW ORLEANS):

- Started 15 games at left tackle.
- Inactive for 1 game.
- 1 miscellaneous fumble recovery.
- Served as a team captain.

**VS. ARIZONA (10/27):** Started at left tackle.

- Paved the way for RB Latavious Murray to rush for 102 yards and 1 TD.
- Protected QB Drew Brees as the team did not allow a sack.

**VS. INDIANAPOLIS (12/16):** Started at left tackle.

- Protected QB Drew Brees as the team did not allow a sack.
- Brees was 29-of-30 passing (96.7 pct.) for 307 yards and 4 TDs for a QB rating of 148.9.
- Helped Brees break the NFL record for career TD passes with 540.

**AT CAROLINA (12/29):** Started at left tackle.

- Protected QB Drew Brees as the team did not allow a sack.

## POSTSEASON:

**NFC WILD CARD VS. MINNESOTA (1/5):** Started at left tackle.

## PRO BOWL:

- Selected to start the Pro Bowl for the 2nd-straight time in his career.

## HONORS:

- Walter Payton Man of the Year nominee (New Orleans).

## 2018 (NEW ORLEANS):

- Started 10 games at left tackle.
- Inactive for 6 games.
- Served as a team captain.

**AT N.Y. GIANTS (9/30):** Started at left tackle.

- Paved the way for RB Alvin Kamara to rush for 134 yards and 3 TDs.

**VS. WASHINGTON (10/8):** Started at left tackle.

- Protected QB Drew Brees, who completed 26-of-29 passes (89.7 pct.) for 363 yards and 3 TDs.
- Helped Brees break the NFL all-time record for passing yards with 71,940 in the 2nd quarter.

**AT CINCINNATI (11/11):** Started at left tackle.

- Protected QB Drew Brees as the team did not allow a sack.
- Brees completed 22-of-25 passing (88.0 pct.) and 3 TDs for a QB rating of 150.4.
- Blocked for a running game that had 47 carries for 244 yards (5.2 avg.) and 3 TDs including 104 yards from RB Mark Ingram.

## POSTSEASON:

**NFC DIVISIONAL VS. PHILADELPHIA (1/13):** Started at left tackle.

- Protected QB Drew Brees as he completed 28-of-38 passing (73.7 pct.) for 301 yards and 2 TDs for a passer rating of 103.1.

**NFC CHAMPIONSHIP VS. L.A. RAMS (1/20):** Started at left tackle.

## PRO BOWL:

- Selected to start the Pro Bowl for the 1st time in his career.

## HONORS:

- 2nd-team All-Pro.
- Ford Tough Offensive Line of the Week (at Cincinnati, 11/11).

## 2017 (NEW ORLEANS):

- Started 10 games at left tackle.
- Inactive for 5 games.
- Dressed but did not play in 1 game.
- 1 miscellaneous fumble recovery.

**VS. DETROIT (10/15):** Started at left tackle.

- Protected QB Drew Brees as the team did not allow a sack.

**VS. BUFFALO (11/12):** Started at left tackle.

- Protected QB Drew Brees as the team did not allow a sack.
- Helped block for a ground attack that gained 298 yards and 6 TDs including 131 yards and 3 TDs from RB Mark Ingram and 106 yards and 1 TD from RB Alvin Kamara.

**VS. N.Y. JETS (12/17):** Started at left tackle.

- Protected QB Drew Brees as the team did not allow a sack.

#### POSTSEASON:

**NFC WILD CARD VS. CAROLINA (1/7):** Started at left tackle.

- Protected QB Drew Brees as he completed 23-of-33 passing (69.7 pct.) for 376 yards and 2 TDs for a passer rating of 115.2.

**NFC DIVISIONAL AT MINNESOTA (1/14):** Started at left tackle.

#### 2016 (NEW ORLEANS):

- Started 7 games at left tackle.
- Inactive for 6 games.
- Missed the rest of the regular season after being placed on injured reserve on Dec. 14.

**VS. SEATTLE (10/30):** Started at left tackle.

**VS. L.A. RAMS (11/27):** Started at left tackle.

- Protected QB Drew Brees who completed 28-of-36 passing (77.8 pct.) for 310 yards and 4 TDs for a QB rating of 139.6.
- Helped the offense total 209 rushing yards and 2 TDs including 146 yards and 1 TD from RB Mark Ingram.

#### 2015 (NEW ORLEANS):

- Started 13 games at left tackle.
- Inactive for 3 games.

**VS. N.Y. GIANTS (11/1):** Started at left tackle.

- Protected QB Drew Brees as the team did not allow a sack.
- Brees completed 39-of-50 passing (78.0 pct.) for 505 yards and a career-high 7 TDs for a QB rating of 131.7.

**AT TAMPA BAY (12/13):** Started at left tackle.

**VS. JACKSONVILLE (12/27):** Started at left tackle.

- Protected QB Drew Brees as he completed 25-of-36 passing (69.4 pct.) for 412 yards and 3 TDs for a QB rating of 135.4.

#### 2014 (NEW ORLEANS):

- Started 14 games at left tackle.
- Inactive for 2 games.

**VS. MINNESOTA (9/21):** Started at left tackle.

**VS. GREEN BAY (10/26):** Started at left tackle.

- Paved the way for RB Mark Ingram to rush for 172 yards and 1 TD.

**AT PITTSBURGH (11/30):** Started at left tackle.

- Protected QB Drew Brees as he completed 19-of-27 passing (70.4 pct.) for 257 yards and 5 TDs for a QB rating of 140.0.

#### 2013 (NEW ORLEANS):

- Played in 6 games with 2 starts at left tackle.
- Inactive for 10 games.

**VS. ARIZONA (9/22):** Played but did not record any stats.

- Made his NFL debut.

**AT CAROLINA (12/22):** Started at left tackle.

- Made his first career start.

**VS. TAMPA BAY (12/29):** Started at left tackle.

- Protected QB Drew Brees as he completed 24-of-31 passing (77.4 pct.) for 381 yards and 4 TDs for a QB rating of 157.4.

#### POSTSEASON:

**NFC WILD CARD AT PHILADELPHIA (1/11):**

Started at left tackle.

- Protected QB Drew Brees as he completed 23-of-33 passing (69.7 pct.) for 376 yards and 2 TDs for a passer rating of 115.2.

**NFC DIVISIONAL AT SEATTLE (1/11):** Started at left tackle.

Started at left tackle.

### BEFORE THE NFL

#### COLLEGE (ARKANSAS PINE-BLUFF):

- 4-year starter (2009-12).
- Also competed in track & field.

**CAREER:** Played in 37 games with 32 starts at left tackle.

**SENIOR (2012):** Started all 12 games at left tackle.

- 1st-team All-American.
- 1st-team All-SWAC.

**JUNIOR (2011):** Started 10 games at left tackle.

- 1st-team All-SWAC.

**SOPHOMORE (2010):** Started 10 games at left tackle.

- 1st team All-SWAC.

**TRUE FRESHMAN (2009):** Played in 5 games.

#### HIGH SCHOOL (CAHOKIA HS – CAHOKIA, ILL.)

- Also participated in track & field, where he earned a state title.

**SENIOR (2008):**

- All-Southern Seven Conference.
- All-Class 5A.
- Belleville News-Democrat Class 1A-2A Track and Field Athlete of the Year.

### OFF THE FIELD

#### COMMUNITY:

**2023:**

- Co-hosted a double holiday extravaganza event with teammates Jerome Baker and Xavier Howard, gifting bikes to 50 children from local Boys & Girls Clubs and a shopping spree for children from Lotus House and the North Miami Police Athletic League.
- Through his Team Armstead Foundation, hosted a Thanksgiving giveaway event, surprising children from the Boys & Girls Clubs of Broward County with a shopping spree.

**2022:**

- Opened the Team Armstead Community Center in his hometown of Cahokia, Illinois. Developed a business curriculum to educate and inspire youth.
- Partnered with the North Miami Beach Police Athletic League to host a Thanksgiving meal distribution.

**2020:**

- Partnered with the Scholars Education Center to open a location in Metairie, Louisiana that provides students of all ages with a space for empowerment, growth and access to impactful educational resources.

**2019:**

- Hosted a "Day of Sport" event in the Ochsner

Sports Performance Center indoor field, putting over 200 children through various fitness and yoga drills.

- Co-hosted an event to benefit Team Gleason and Son of a Saint with A.J. Klein.

**2016:**

- Participated in “Greasing of the Poles” event to commemorate the start of Mardi Gras.

- Played in Tim Lelito’s charity softball game.

**PERSONAL:**

- **PRONUNCIATION:** First name is pronounced tuh-RON.
- **MAJOR:** Industrial technology engineering.

**TERRON ARMSTEAD'S NFL REGULAR SEASON STATS**

**GAMES/STARTS:** (New Orleans) 2013: 6/2, 2014: 14/14, 2015: 13/13, 2016: 7/7, 2017: 10/10, 2018: 10/10, 2019: 15/15, 2020: 14/14, 2021: 8/8, (Miami) 2022: 13/13, 2023: 10/10, 2024: 11/11 **NFL TOTALS: 131/127**

**TERRON ARMSTEAD'S NFL PLAYOFF STATS**

**GAMES/STARTS:** (New Orleans) 2013: 2/2, 2017: 2/2, 2018: 2/2, 2019: 1/1, 2020: 2/2, (Miami) 2022: 1/1, 2023: 1/1 **PLAYOFF TOTALS: 11/11**

**ADDITIONAL STATS**

**Miscellaneous Tackles:** (New Orleans) 1 in 2015, 1 in 2017, 1 in 2021 for total of 3 (P-2).

**Miscellaneous Fumble Recoveries:** (New Orleans) 1 in 2017, 1 in 2019, (Miami) 1 in 2024 for total of 3.