1989 Atlanta Falcons NFC West Coach Dan Henning Record 3-13-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-22 Def.Adj: Minus 1	1989 Buffalo Bills AFC East Coach Kay Stephenson Record 9-7-0 Big Plays Home: 1 Road: 1 Fumbles Lost: 1-32 Def.Adj: Plus 0 Divisional Loser	1989 Chicago Bears NFC Central Coach Mike Ditka Record 6-10-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-28 Def.Adj: Minus 1	1989 Cincinnati Bengals AFC Central Coach Forrest Gregg Record 8-8-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-30 Def.Adj: Plus 3	1989 Cleveland Browns AFC Central Coach Sam Rutigliano Record 9-6-1 Big Plays Home: 3 Road: 2 Fumbles Lost: 1-26 Def.Adj: Minus 2 Conference Loser
1989 Dallas Cowboys NFC East Coach Tom Landry Record 1-15-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-26 Def.Adj: Minus 3	1989 Denver Broncos AFC West Coach Dan Reeves Record 11-5-0 Big Plays Home: 4 Road: 3 Fumbles Lost: 1-23 Def.Adj: Plus 9 AFC Champion	1989 Detroit Lions NFC Central Coach Monte Clark Record 7-9-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-35 Def.Adj: Plus 3	1989 Green Bay Packers NFC Central Coach Lindy Infante Record 10-6-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-24 Def.Adj: Plus 2	1989 Houston Oilers AFC Central Coach Ed Biles Record 9-7-0 Big Plays Home: 1 Road: 0 Fumbles Lost: 1-28 Def.Adj: Plus 3 Wild Card Loser
1989 Indianapolis Colts AFC East Coach Frank Kush Record 8-8-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-21 Def.Adj: Plus 2	1989 Kansas City Chiefs AFC West Coach John Mackovic Record 8-7-1 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-29 Def.Adj: Plus 5	1989 L.A Rams NFC West Coach John Robinson Record 11-5-0 Big Plays Home: 3 Road: 3 Fumbles Lost: 1-22 Def.Adj: Plus 2 Conference Loser	1989 L.A Raiders AFC West Coach Tom Flores Record 8-8-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-23 Def.Adj: Plus 5	1989 Miami Dolphins AFC East Coach Don Shula Record 8-8-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-27 Def.Adj: Minus 5
1989 Minnesota Vikings NFC Central Coach Bud Grant Record 10-6-0 Big Plays Home: 2 Road: 1 Fumbles Lost: 1-25 Def.Adj: Plus 5 Divisional Loser	1989 New England Patriots AFC East Coach Ron Meyer Record 5-11-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-23 Def.Adj: Minus 1	1989 New Orleans Saints NFC West Coach O.A.(Bum) Phillips Record 9-7-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-23 Def.Adj: Plus 5	1989 New York Giants NFC East Coach Bill Parcells Record 12-4-0 Big Plays Home: 2 Road: 2 Fumbles Lost: 1-25 Def.Adj: Plus 2 Divisional Loser	1989 New York Jets AFC East Coach Joe Walton Record 4-12-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-28 Def.Adj: Minus 5

1989 Philadelphia Eagles NFC East Coach Marion Campbell Record 11-5-0 Big Plays Home: 1 Road: 1 Fumbles Lost: 1-27 Def.Adj: Plus 13 Wild Card Loser	1989 Phoenix Cardinals NFC East Coach Jim Hanifan Record 5-11-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-25 Def.Adj: Minus 2	1989 Pittsburgh Steelers AFC Central Coach Chuck Noll Record 9-7-0 Big Plays Home: 1 Road: 0 Fumbles Lost: 1-29 Def.Adj: Plus 8 Divisional Loser	1989 San Diego Chargers AFC West Coach Don Coryell Record 6-10-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-28 Def.Adj: Minus 1	1989 San Francisco 49ers NFC West Coach Bill Walsh Record 14-2-0 Big Plays Home: 4 Road: 4 Fumbles Lost: 1-25 Def.Adj: Plus 13 Superbowl Champion
1989 Seattle Seahawks AFC West Coach Chuck Knox Record 7-9-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-25 Def.Adj: Plus 0	1989 Tampa Bay Buccaneers NFC Central Coach John McKay Record 5-11-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-20 Def.Adj: Plus 5	1989 Washington Redskins NFC East Coach Joe Gibbs Record 10-6-0 Big Plays Home: 0 Road: 0 Fumbles Lost: 1-31 Def.Adj: Plus 2		