



# Common Skin Diseases Associated with Wrestling

# Ringworm

- Definition: fungal infection
- Symptoms: red circular rash with clearer skin in the middle, itchy
- Treatment: anti-fungal cream (Lotrimin, Clotrimazole) or antifungal pills (Griseofulvin)



# Impetigo

- Definition: bacterial infection
- Symptoms: red sores that quickly rupture, ooze and form a yellow-brown crust.
- Treatment: topical prescription antibiotic cream (mupirocin)



# MRSA

- Cause: Staphylococcus aureus which is also a cause of pimples, boils, cellulitis and abscesses.
- Easy to contract if you have an open wound or cut.
- Treatment: oral antibiotics- Bactrim or Clindamycin



# Herpes Simplex

- Definition: virus that once infected is transported to nerve cell bodies where they reside lifelong
- Symptoms: painful blisters
- Treatment: anti-viral prescription (i.e. Valtrex, Zovirax, Famvir)



# Prevention of Skin Infections

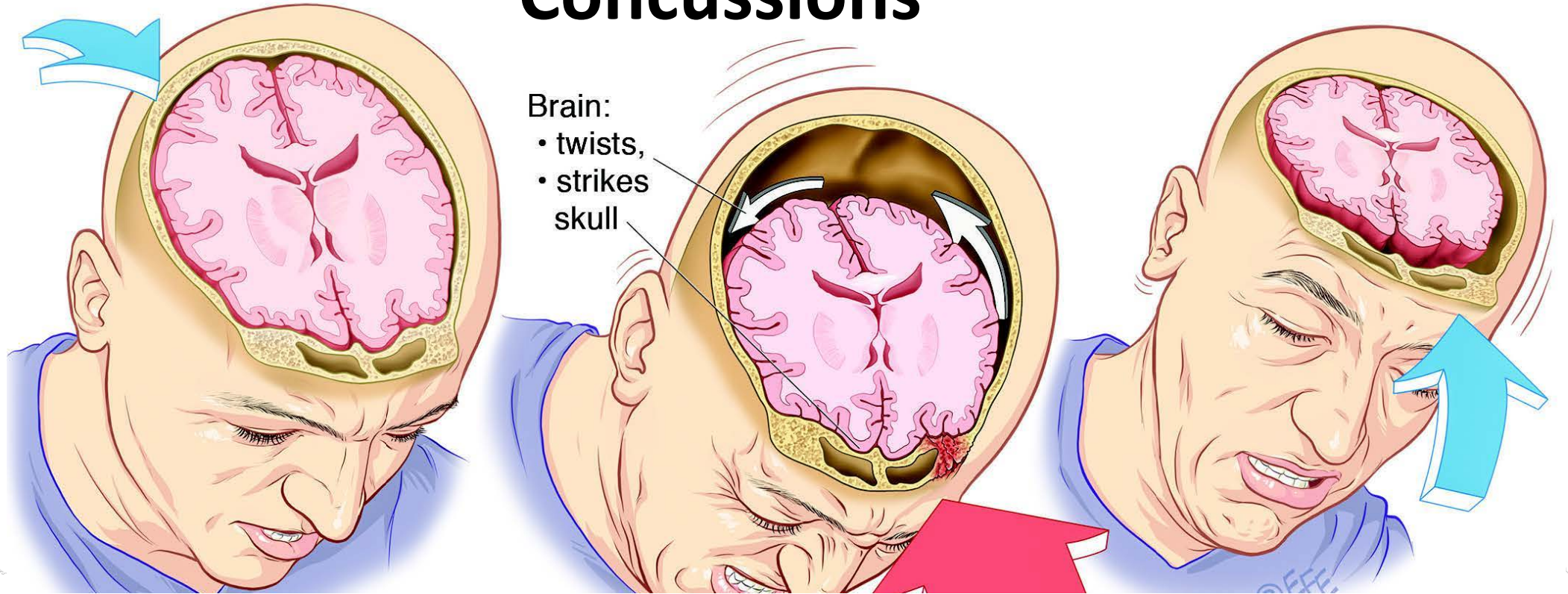
- Shower right after practice or competition
- Wash an infected person's clothes, linens and towels every day and don't share them with anyone else
- Wear gloves when applying antibiotic ointment and wash your hands thoroughly afterward
- Cut nails short
- Cover up cuts/open wounds

# Cauliflower Ear

- Repeated hits to the ear that lead to small collections of blood that clot and block the flow of blood and nutrients.
- If initial injury is ignored, cartilage in the outer ear may then overgrow, resulting in a deformity on the ear.
- Treatment: draining, compression, antibiotics
- Prevention: WEAR HEAD GEAR IN PRACTICE!



# Concussions



- Hit to the head or body that causes your head and brain to move rapidly back and forth.
- This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in your brain.
- Sometimes it can also stretch and damage your brain cells.



<b>Thinking/ Remembering</b>	<b>Physical</b>	<b>Emotions/ Mood</b>	<b>Sleep</b>
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

# Treatment

- Rest and restricting activities to allow the brain to recover
- Temporarily reduce sports, video games, TV, or too much socializing
- Medications: Tylenol for headaches and anti-nausea meds
- Follow gradual return to sports protocol



- Monitor symptoms and cognitive function carefully
- Progress to next level of exertion if no symptoms at current level
- If symptoms return at any step, an athlete should stop these activities
- Only after additional rest, with no symptoms for a minimum of 24 hours, should athlete start again at the previous step during which symptoms were experienced



Graduated Return to Play Protocol

<div><div><div>1. NO ACTIVITY (RECOVERY)</div><div>Complete Physical and Cognitive Rest until Medical Clearance</div></div><div><div>Symptom Free for 24 Hours?</div><div><div>Yes: Begin Step 2</div><div>No: Continue Resting</div></div></div><div>Date Attained:</div></div>	<div><div><div>2. LIGHT AEROBIC EXERCISE</div><div>(INCREASE HEART RATE)</div><div>Walking, Swimming, Stationary Cycling.</div><div>Heart Rate &lt;70% - 15 min</div></div><div><div>Symptom Free for Next 24 hours?</div><div><div>Yes: Move to Step 3</div><div>No: Rest Further until Symptom Free</div></div></div><div>Date Attained:</div></div>	<div><div><div>3. SPORT SPECIFIC EXERCISE</div><div>(ADD MOVEMENT)</div><div>Skating Drills (Ice Hockey), Running Drills (Soccer, etc)</div><div>NO Head Impact Activities</div><div>Heart Rate &lt;80% - 45 min</div></div><div><div>Symptom Free for Next 24 Hours?</div><div><div>Yes: Move to Step 4</div><div>No: Return to Step 2 until Symptom Free</div></div></div><div>Date Attained:</div></div>	<div><div><div>4. NON- CONTACT TRAINING DRILLS</div><div>(INCREASED EXERCISE, COORDINATION &amp; ATTENTION)</div><div>Progress to Complex Training Drills (e.g., Passing Drills, etc)</div><div>May Start Resistance Training</div><div>Heart Rate &lt;90% - 60 min</div></div><div><div>Symptom Free for Next 24 Hours?</div><div><div>Yes: Move to Step 5</div><div>No: Return to Step 3 until Symptom Free</div></div></div><div>Date Attained:</div></div>	<div><div><div>5. FULL CONTACT PRACTICE</div><div>(RESTORE CONFIDENCE &amp; ASSESS FUNCTIONAL SKILLS)</div><div>If Symptom Free, Return to Normal Training Activities</div></div><div><div>Symptom Free Next 24 Hours?</div><div><div>Yes: Return to Play</div><div>No: Return to Step 4 until Symptom Free</div></div></div><div>Date Attained:</div></div>
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# Diabetes

- Definition: chronic condition in which the pancreas produces little or no insulin. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy
- Treatment: taking insulin, protein, carbohydrate, and fat counting, frequent blood sugar monitoring
- Signs of hypoglycemia (low blood sugar): sweating, shakiness, hunger, dizziness or lightheadedness, rapid or irregular heart rate, fatigue, headaches, blurred vision, irritability, confusion, behavioral changes, poor coordination.
- Signs of hyperglycemia (high blood sugar): Increased thirst and urination.



# Anaphylaxis

- Definition: a potentially life-threatening allergic reaction to an antigen that the body has become hypersensitive (i.e. peanuts).
- Symptoms:
  - Skin rashes and itching and hives.
  - Swelling of the lips, tongue or throat.
  - Shortness of breath, trouble breathing, wheezing (whistling sound during breathing)
  - Dizziness and/or fainting.
  - Stomach pain, vomiting or diarrhea.
  - Feeling like something awful is about to happen.
- Treatment: Epinephrine (EpiPen), antihistamine (Benadryl), steroids, bronchodilator.



# Preventing Infections

- Wash/sanitize your hands frequently
- Get enough sleep
- Stay hydrated
- Eat healthy
- If you are sick or starting to feel sick stay away from others
- If you have a fever or vomiting/diarrhea stay home
- Do not share personal items, food, or water bottles



# Wrestling Nutrition

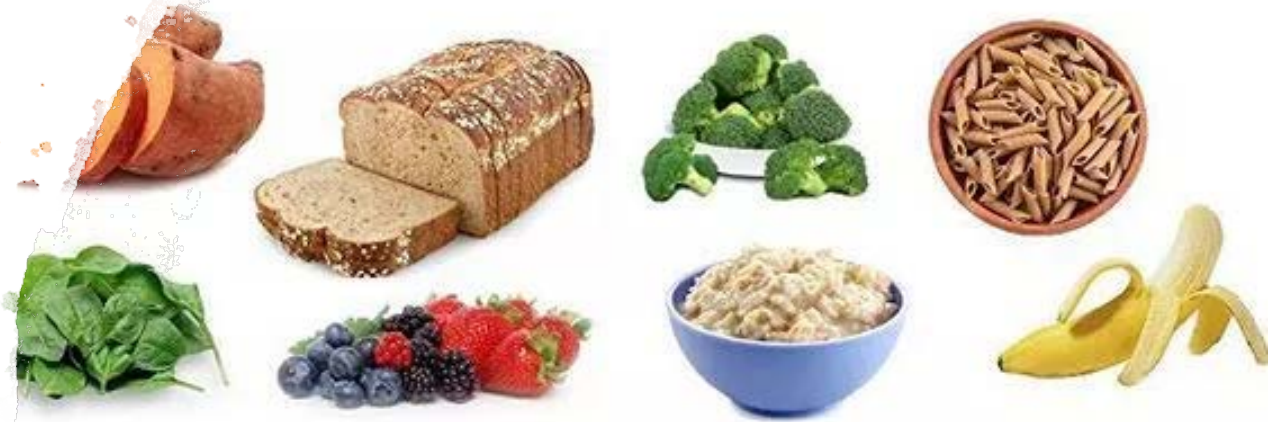
- Wrestling requires a high level of muscular strength and power.
- To adequately fuel and repair your body, focus on nutrient-dense foods and a well-balanced diet that provides sufficient carbohydrate, protein, and fat.
- Weight loss should be gradual and should not exceed 1.5% of total body weight (1-2 lbs) each week.
- Drink 16 ounces of fluid for every pound of bodyweight lost after training or competition over the course of the next 12-24 hours.



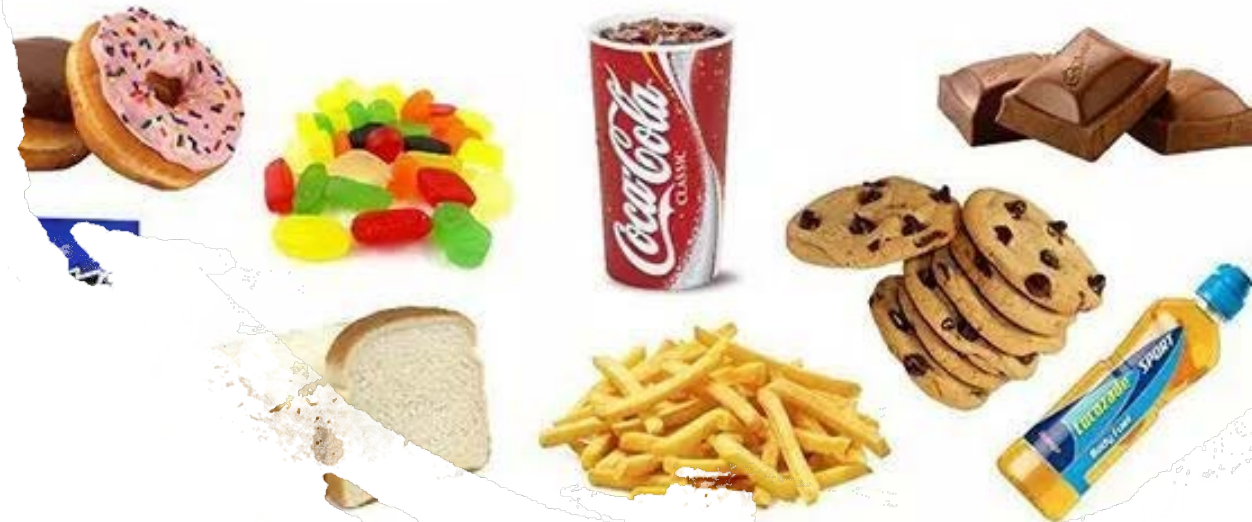
# Carbohydrates

- Carbohydrates provide fuel that is stored in your muscles for energy.
- Eat 3-4 grams of carbohydrates per pound of body weight a day.
- The majority should be complex carbohydrates:
  - Nuts
  - Beans
  - Whole grain breads/pastas
  - Brown rice
  - Oatmeal
  - Potatoes
  - Fruits
  - Vegetables

## ✓ COMPLEX CARBS



## ✗ SIMPLE CARBS





# Protein

- Adequate protein intake is crucial for building and repairing lean muscle tissue.
- Helps you stay fuller longer and reduces loss of lean muscle.
- Goal range for daily protein intake is 0.5-0.8g/pound of body weight.
- Healthy proteins:
  - Eggs
  - Lowfat dairy
  - Beans
  - Lean meats
  - Nuts



# Fats

- Dietary fat plays an important role in the absorption of vitamins, protection of organs, and production of hormones.
- Creates feeling of fullness and adds flavor to your food.
- Fat should make up no more than 30% of your total calories for the day.
- Focus on monounsaturated and polyunsaturated fats:
  - Nuts
  - Peanut butter
  - Plant based oils
  - Avocados
  - Fish

