

COMMON SKIN CONDITIONS IN WRESTLING



Ring Worm

(Tinea Corporis) Symptoms include red ring that is highly itchy. Athlete cannot wrestle until an oral or topical treatment of 72 hours prior to participation. Once lesion is considered to be no longer contagious it may be covered with a bio occlusive dressing.



Conjunctivitis

Symptoms consist of redness in the white of the eye, thick yellow discharge that crusts over the eyelashes, especially after sleep, itchy eyes and possible blurred vision. Athlete cannot wrestle until 24 hours after appropriate topical or oral medication has been administered and no discharge.



Cauliflower Ear

Athlete can wrestle with this condition, but should take extra precaution and use proper fitting headgear at all times. Need aspiration of the fluid. After aspiration the athlete may not wrestle until the ear is fully healed and has reduced in size.



Impetigo

Large or small abscesses with reddening of the skin. Abscess bubbles quickly and burst and become oozing red sores. The sores then die forming a honey-colored crust. Can return to competition once there is no draining or oozing lesions and 72 hours of treatment providing the infection is resolving.



Herpes Gladiatorum

HSV-1 A cluster of clear, fluid filled blisters that may be surrounded by redness. Blisters may or may not be painful. Symptoms may also include fever, swollen glands and tingling feeling at the affected area. May return to contact only after all lesions are healed with well adherent scabs, no new vesicle formation and now swollen lymph nodes near the affected area.



Folliculitis

The infection usually appears as small, white-headed pimples around one or more hair follicles the tiny pockets from which each hair grows. Most cases are superficial, and they may itch, but on occasion they're painful too. The superficial type often clears by itself in a few days, but deep or recurring type may need medical treatment.



Cellulitis

Appears as a swollen red area of skin that feels hot and tender, may spread rapidly. If left untreated spreading infection may rapidly turn life threatening. All lesions must be scabbed in order to return.



MRSA

Methicillin Resistant Staphylococcus Aureus- Raised pimple like spot on the skin, painful and often associated with a fever. Athlete may return to sport after completing a 72 hour course of antibiotic therapy and has no further drainage or exudate from the wounds, and no development of new lesions for at least 48 hours.



Athlete's Foot

Symptoms include itching, stinging and burning, and possible blisters on the feet. Athlete can wrestle with athlete's foot but a topical or oral medication should be used.