

*Sports Specific Safety*

# *Wrestling*

*Sports **M**edicine & **A**thletic **R**elated **T**rauma  
**SMART** Institute*

# Objectives of Presentation

1. Identify the prevalence of injuries to wrestling
2. Discuss commonly seen injuries in wrestling
3. Provide information regarding the management of injuries seen in wrestling
4. Provide examples of venue and equipment safety measure
5. Provide conditioning tips for wrestling to reduce potential injuries

# Injury Statistics

According to the CDC Report Injury Rates per 1,000 athlete exposures:

- Wrestling Practice: 2.04
- Wrestling Competition: 3.93
- Overall 2.50

Contrast to Football

- Football Practice: 2.54
- Football Competition: 12.09

Morbidity and Mortality Weekly Report (2006). Centers for Disease Control and Prevention. (55) 38.

# Commonly Seen Injuries

According to NATA Injury Surveillance Study:

- 3 most common injuries in wrestling were shoulder/arm, forearm/wrist/hand, and trunk.
- Sprains - most common type of injury (30%).
- General trauma - second most common type of injury (28%).
- 1 in 4 wrestlers affected by skin conditions (ringworm, impetigo, MRSA)

National Athletic Trainers' Association Injury Surveillance Study (1997). Wrestling Injury Information. Accessible: [www.nata.org](http://www.nata.org)

# Wrestling Shoulder Injuries

## Shoulder Dislocation

- Occurs by falling on an outstretched arm
- Pinning an opponent to the mat
- Initial management
  - Do not move arm!!
  - Splint and secure if possible
  - Refer immediately to physician
- Prevention techniques
  - Strengthen shoulder musculature
  - Develop shoulder flexibility

# Wrestling Shoulder Injuries

## Separated Shoulder – AC Joint Separation

- Occurs by falling on an outstretched arm
- Pinning an opponent to the mat
  - Do not move arm!!
  - Splint and secure if possible
  - Refer immediately to physician
- Prevention techniques
  - Strengthen shoulder musculature
  - Develop shoulder flexibility

# Wrestling Arm Injuries

## Dislocated Elbow/Wrist

- Occurs by falling on an outstretched arm
  - Do not move arm!!
  - Splint and secure if possible
  - Refer immediately to physician

## Wrist Sprain

- Hyper Flexion or Extension of the wrist
  - Tape may provide some support

# Lower Back Injuries

- MOI:
  - Repetitive Hyperflexion, rotation, and compressive forces
- Acute Management:
  - Activity modification, Rest
- Prevention Techniques:
  - Core strengthening, Technique enforcement, Minimizing hard landings



# Skin Conditions

- Ringworm
  - Fungal infection, ring shaped, discolored patch on the skin
- Impetigo
  - Bacterial infection looks like a blister
- MRSA (Staphylococcus aureas)
  - May cause life-threatening infections

# Skin Condition Prevention

- Clean wrestling mats with decontaminant
- Wipe all weight training equipment
- Wear clean workout gear after each practice
- Do not share towels
- Shower after every workout
- Report any unusual skin lesions
- Cover infected areas

Of skin disorders surveyed, which are most commonly transmitted through high school wrestlers



Ringworm	83.8 %
Impetigo	6.8
Dermatitis	3.4
Skin infection	3.4
Herpes zoster	1.7

National Athletic Trainers' Association

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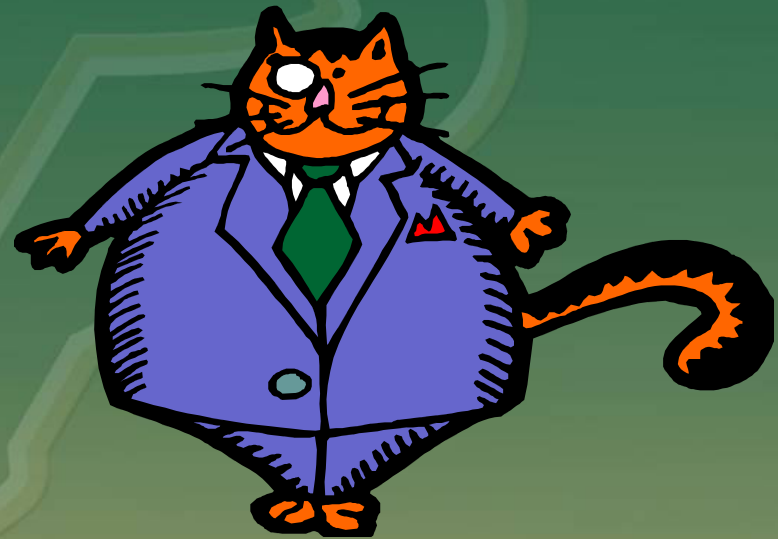


# Heat Illness

TM

# Who is at greatest risk?

- Unaccustomed to heat
- Overweight
- Intense athletes
- Sick athletes
- Recent immunizations due to elevated body temperature

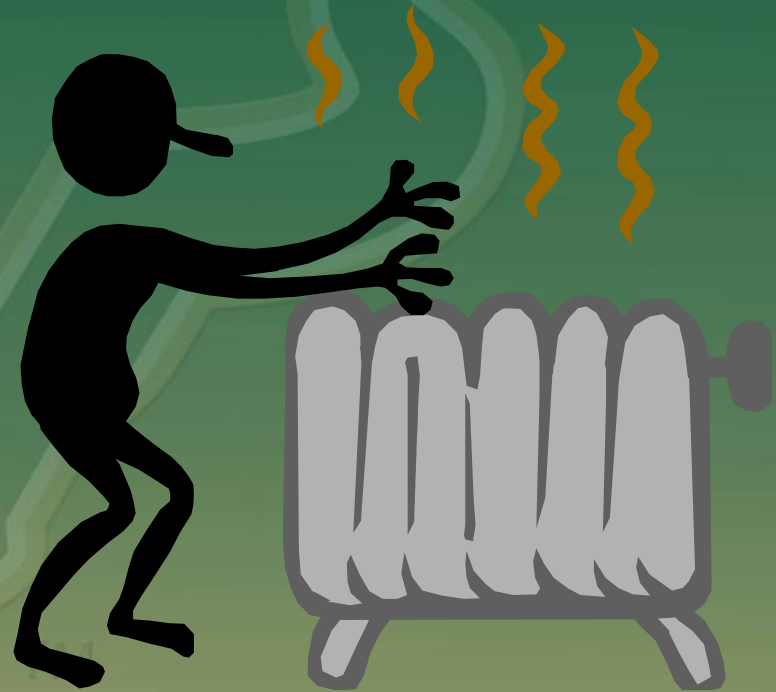


# Heat Illnesses - Causes

- Dehydration
  - 60+ % of total body water
  - Sugar in the stomach prevents rehydration
  - Observe until urination occurs (key)
- Electrolyte Imbalance
  - Depletion occurs over a period of 2-5 days
  - Ion-chemical charge

# Types of Heat Illnesses

- Heat rash
- Heat syncope
- Heat cramps
- Heat exhaustion
- Heatstroke



# Fluid Replacement

- **Before exercise:** drink 17-20 oz. 2-3 hrs prior.
- 17-20 oz 10-20 min. prior to exercise.
- **During exercise:** 7-10 oz. every 10-20 min.
- **After exercise:** within 2 hrs, drink enough to replace weight loss from exercise.



## **MRSA**

# Methicillin-resistant Staphylococcus aureus

### *The Silent Killer*

#### **Ways to combat MRSA:**

- Keep hands clean
- Shower immediately after exercise
- Keep cuts and scrapes covered
- Wear clean exercise clothes
- Don't share razors or other personal items
- Notify the athletic trainer of any unusual sores

# If you remember nothing else....

- If they can't move it, refer to physician!!
  - Do not try to fix injuries yourself!
- Keep it Clean!!
  - Clean wrestling mats frequently!
  - Do not share towels!
  - Wash uniforms regularly!
  - Shower after each practice/game

# Summary

- Common areas for wrestling injuries include the shoulder, elbow, wrist, and trunk
- Sprains are the most common injury
- General Trauma is second most common
- 1 in 4 wrestlers affected by skin conditions (ringworm, impetigo, MRSA)

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