

Infectious Skin Diseases In Wrestlers



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Skin infections are a common problem in wrestling. With proper precautions and care they can be kept under control and their spread minimized. These pictures are meant to help inform and educate those in the wrestling community. Treatment for these infections is at the discretion of your physician. If a participant is suspected of having an infectious skin disease, written documentation that the condition is not communicable should be provided by a physician. Seeking proper medical care is important to reduce the loss of mat-time and potential spread to other athletes.

1. Ringworm (*Due to "Tinea" fungus*)

It starts out as a rash that is flat and scaly. As it spreads outward in a circular pattern, the border is red and can sometimes have small bumps on its leading edge. As it enlarges, the middle area will turn a lighter shade of red or brown. The outer border can become irregular and develop a white, scaly appearance. Considered communicable and transmission is via direct contact with an infected individual. This fungal infection should be evaluated and treated by a physician.



Ringworm

2. Herpes Gladiatorum (*Due to Herpes virus*)

The same virus that causes "cold sores". It develops as a collection of small blisters or vesicles typically located on the head, face or neck. These vesicles have a reddened base and when broken can secrete a clear or yellow fluid. Regional lymph nodes near the areas involved can get swollen and tender. Low grade fever, sore throat and general fatigue can appear when a primary outbreak develops. With recurrent outbreaks the symptoms are less apparent. They usually present with "pins and needles" sensation at the site before blisters develop. This infection is caused by a herpes virus that will re-develop over the wrestler's lifetime. Considered extremely contagious and needs prompt evaluation and treatment by a physician.



Herpes Gladiatorum

3. Folliculitis/Impetigo/CA-MRSA (*Due to Staphylococcal bacteria*)

Scratches or abrasions that become infected after contaminated with bacteria. The lesions may be superficial in the form of folliculitis or impetigo, but can invade deeper tissues in the form of an abscess or boil. Considered extremely contagious and requires prompt evaluation and treatment by a physician.



Folliculitis



Impetigo



CA-MRSA

For more thorough and in-depth information about skin related issues and conditions in wrestling and other sports, please visit us online at www.thematdoc.com to learn more and to see our other products. Still have additional questions? Email us at: info@thematdoc.com