

# Sports Medicine Monthly

Editor: Darren H. Lunow, M.Ed, ATC, LAT • Certified Athletic Trainer

Volume 1, Issue 4, November 2009

## Skin Lesions in Athletics

By Steve Frieбус; Head Athletic Trainer, Bixby Public Schools

Intact skin is a strong and unique barrier against a variety of diseases. However once the skin has been broken it is susceptible to those diseases if not cared for properly. Any activity where there is skin to skin contact or contact with common surfaces or equipment can increase the spread of these diseases

### Skin lesions fall into one of three categories.

**Bacterial:** Small organisms in the air, water, ground, mats, and on skin.

Ex: *Staphylococca* and *Streptococcal*

**Viral:** Microscopic “parasitic” structures that require a host cell to survive.

Ex: Herpes Simplex Type-I.

**Fungal:** Small Parasitic Plant Organisms that are spread through the dispersal of spores and can be very contagious. These organisms love moist and warm environments.

Ex: “Athlete’s Foot”, “Jock Itch” and Ringworm.

### What should I look for?

- \* Redness-especially streaks going toward the heart
- \* Lesions with flaky borders
- \* Heat
- \* Pus or yellowish drainage
- \* Pain
- \* Swelling
- \* Disordered function
- \* Fever
- \* Swollen lymph nodes



Continued on Page 2

## Weight Management in Athletics

By Darren Lunow; Athletic Trainer,  
Central States Orthopedic Specialists

Weight loss in athletics is no new concept. Athletes have found new and unique ways to loose the weight, and gain their sports’ optimum shape and size. In 1997 however, three college wrestlers died as a result of extreme weight loss activities. Now while weight loss concerns and illnesses are more prevalent in ‘body-centered’ sports such as wrestling, cheer and dance, ballet, and swimming, every athlete, in every sport, has, at one point or another, had to address the issue of their own body image.



In response to the incidents of 1997, the National Wrestling Coaches Association, through a collaborative research effort, created the NWCA Optimal Performance Calculator. The OPC utilizes a Body Mass Index Formula along with percent body fat to determine current fitness levels and then provide for guidelines for an individualized weight loss program. To date, the NWCA OPC is the gold standard for weight management for the NCAA, NAIA, NJCAA, and more than 35 state high school athletic associations; including Oklahoma.

In 2006, the OPC, through a government grant, expanded its services to the physical education and adult diet/fitness communities, and according to the NWCA, has even been recommended by the USDA’s “Eat Smart, Play Hard” campaign designed to curb childhood obesity.

For more information regarding how the NWCA Optimum Performance Calculator can be used for your athletes, or for the general population, visit the NWCA’s website at [www.nwcaonline.com](http://www.nwcaonline.com) and select “weight management.”



R. Clio Robertson, MD  
Don L. Hawkins, MD  
David R. Hicks, MD  
Michael W. Tanner, MD  
Brian C. Howard, MD  
James D. Cash, MD

David E. Nonweiler, MD  
Randall L. Hendricks, MD  
David K. Wong, MD  
Bryan J. Hawkins, MD  
Perry D. Inhofe, MD  
Thomas G. Craven, MD

Jeffrey R. Morris, DO  
Ronald S. LaButti, DO  
Jeff A. Fox, MD  
Kathleen M. Sisler, MD  
Troy A. Glaser, DO

Tulsa: 918.481.CSOS (2767) • Statewide: 888.269.CSOS (2767) • [www.csosortho.com](http://www.csosortho.com)

Tulsa • Owasso • Pryor • Vinita • Grove • Muskogee • Bixby • Jenks

## MRSA: Now What?

Methicillin-resistant *Staphylococcus aureas* (MRSA)

### What is it???

MRSA is a resistant form of the common staph bacteria that does not respond to the antibiotic medications (Methicillin, Penicillin, Oxacillin, and Amoxicillin) commonly used to treat staph infections.

### How do you get it???

MRSA is usually transmitted by direct skin-to-skin contact or contact with shared items or surfaces (i.e. Clothing, travel bags, athletic gear, towels, razors, treatment tables, weight benches, etc...) that have come in contact with someone else's infection site (i.e. cuts, scrapes, scratches, open wounds, etc...).

### What does it look like???

MRSA infections usually present as red, swollen, painful pimples, pustules, or boils that may have pus or other drainage. They can frequently be mistaken for spider bites.



### How do I prevent it???

- Shower immediately after px or competition
- Wash hands with soap and warm water, or an alcohol based hand sanitizer frequently
- Wash all athletic equipment daily (i.e. pads, jerseys, bags, towels, etc...)
- Clean and Cover all scrapes, cuts, and lesions prior to activity.
- Sanitize Weight Room, Athletic Training Room, and Locker Room Equipment daily.
- Ask about Cuts, Scrapes, and Lesions that don't respond to general cleanings!

For More Information and Free Educational Posters visit the Centers For Disease Control Website at [www.cdc.gov/mrsa/](http://www.cdc.gov/mrsa/)

## Skin Lesions Cont....

### How can I prevent these from occurring?

- \* Shower within 30 min after practices or games
- \* Wash your hands often.
- \* Don't share personal items:

- Soap
- Razors
- Towels
- Water bottles
- Clothes

- \* Wash your gear
- Clothes
- Towels
- Uniforms

every day in hot water and dry with hot air.

- \* Clean equipment daily.
- \* Clean and cover all wounds with an antibiotic ointment and an occlusive dressing.
- \* Report all suspicious wounds to your athletic trainer or a doctor.



Remember, these skin diseases are looking for a way into the body. Acne, insect bites, and scrapes can all be an entry point and become infected later. Do not assume it will just go away on its own. Treat everything as if it is infected early and you will reduce the risk of it becoming serious.

## A Note to the Reader.....

Central States Orthopedic Specialists does not endorse any of the organizations or research groups whose information has been published herein. Furthermore, information in this publication is provided for informational purposes only and not as medical advice, or as a substitute for the advice provided by your physician or other healthcare professional, or for diagnosing or treating a health problem or disease. This publication is designed to provide you, the reader with information only. It is your choice in how you apply the information given herein, and not a directive from Central States Orthopedic Specialist. It is simply an informative resource for you, the reader. As always, if you have specific questions regarding specific injuries, illnesses, policies, procedures, etc... speak with your Certified Athletic Trainer, or contact your physician.



R. Clio Robertson, MD  
Don L. Hawkins, MD  
David R. Hicks, MD  
Michael W. Tanner, MD  
Brian C. Howard, MD  
James D. Cash, MD

David E. Nonweiler, MD  
Randall L. Hendricks, MD  
David K. Wong, MD  
Bryan J. Hawkins, MD  
Perry D. Inhofe, MD  
Thomas G. Craven, MD

Jeffrey R. Morris, DO  
Ronald S. LaButti, DO  
Jeff A. Fox, MD  
Kathleen M. Sisler, MD  
Troy A. Glaser, DO

Tulsa: 918.481.CSOS (2767) • Statewide: 888.269.CSOS (2767) • [www.csosortho.com](http://www.csosortho.com)

Tulsa • Owasso • Pryor • Vinita • Grove • Muskogee • Bixby • Jenks