Common Wrestling Treatment, Injuries, and Prevention

P.R.I.C.E. Treatment Method

P. Protect — Protect the injury from further harm by using a brace, splint, immobilizer, or ACE bandage.
R. Rest — Rest the injured area by not participating in activities that are painful to perform.
I. Ice — Ice the area for 20 minutes every 2 hours. Never use heat because it causes the area to swell even more.
C. Compression — Compress the swelling using an ACE bandage or compression wrap to limit any further swelling.
   When wrapping the injured area start at the furthest point away from the body and move toward the body. Be sure that you are not cutting off circulation.
E. Elevate — Elevate the injured area above the heart to pull blood flow away from the injured area.

COMMON INJURIES

Bruises and Contusions
A bruise refers to an area of skin discoloration (typically black and blue) that occurs after a trauma to the soft tissue. A bruise develops when small blood vessels beneath the skin rupture and blood leaks into the soft tissue beneath the skin.

Bruises are classified as:
• Subcutaneous: A bruise beneath the skin
• Intramuscular: A bruise within a muscle
• Periosteal: A bruise to a bone

Bruises can occur suddenly and last from days to months. Bruises generally cause pain, swelling and tenderness over a black and blue area of skin discoloration. As it heals, it often changes from black and blue to green and yellow.

Sprains and Strains
Sprains:
A sprain is an injury to a ligament, the tough, fibrous tissue that connects bones to other bone. Ligament injuries involve a stretching or a tearing of this tissue. A sprain typically occurs when people fall and land on an outstretched arm, land on the side of their foot, or twist a knee with the foot planted firmly on the ground. This results in an over-stretch or tear of the ligament(s) supporting that joint. The usual signs and symptoms of a muscle sprain include pain, swelling, bruising, and the loss of functional ability (the ability to move and use the joint). Sometimes people feel a pop or tear when the injury happens. However, these signs and symptoms can vary in intensity, depending on the severity of the sprain.

For more information, or to contact one of our Sports Medicine Outreach Liaisons, email us at SportsMedicine@amitahealth.org or call us at 224.273.2416

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Strains:
A strain is an injury to either a muscle or a tendon, the tissue that connects muscles to bones. Depending on the severity of the injury, a strain may be a simple overstretch of the muscle or tendon, or it can result in a partial or complete tear. A strain is caused by twisting or pulling a muscle or tendon. Strains can be acute or chronic. An acute strain is caused by trauma or an injury such as a blow to the body; it can also be caused by improperly lifting heavy objects or overstressing the muscles. Chronic strains are usually the result of prolonged, repetitive movement of the muscles and tendons.

Rehabilitation for Sprains and Strains
The first step is the P.R.I.C.E. method. The second stage of treating a sprain or strain is rehabilitation to restore normal function. When the pain and swelling are reduced you can generally begin gentle exercise. A custom program is often created by a physical therapist that prevents stiffness, improves range of motion, improves flexibility and builds strength. Rebuilding strength is a slow and gradual process and only when done correctly can the athlete consider returning to sports. It’s tempting to resume full activity despite pain or muscle soreness, but returning to full activity too soon increases the chance of re-injury and may lead to a chronic problem.

Prevention

Training & Conditioning
Proper conditioning, technique and flexibility may reduce the risk of non-contact injuries.

Warming Up
Start by jogging a few laps around the gym, doing push-ups or other light upper-body activity. As the level of activity increases, the muscles burn more oxygen and their temperature rises. When perspiration begins, the muscles are warmed up and ready for a workout.

Stretching
Stretch only after having warmed up; a cold muscle is more likely to tear when stretched. Stretching after a match increases flexibility and reduces stress on joints. Perform stretches slowly, holding each position for at least five seconds.

Nutrition
Proper nutrition before and during your workout will help you maintain blood sugar levels and keep you adequately hydrated for peak performance. Do not sacrifice proper nutrition in an attempt to make weight for a match.