Wrestling Injuries; Prevention Is Easier Than Treatment

International FILA Scientific Symposium
Tehran, Iran, May 2014

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Why do we sport?

1. To promote health
2. To improve body function and skills
3. To compete and acquire honor
4. To compete for income and finance
Wrestling Injuries

- Acute Injuries
- Chronic Injuries
- Illnesses
  - General
  - Sport specific

Medical Conditions

- Direct trauma by opponent
- Indirect trauma
- Over pulling, stretching
- Autoimmune impairment
- Overtraining Syn.
- Skin Infections
- Nutritional Imbalance / Dehydration
Wrestling Injuries

Acute Injuries

- Musculoskeletal Injuries
  - Ligament sprain (knee, ankle, shoulder, elbow, wrist and fingers)
  - Muscle strain (hamstrings, calf, rotator cuff and arm muscles)
  - Joint dislocation (elbow, shoulder, finger joints)
  - Bone fracture (arm, clavicle, fingers)

- Neural Injuries
  - Concussion
  - Spinal cord injury

- Skin and soft tissue injuries
  - Bruising
  - Skin laceration (lips, eyebrow, check, head)
  - Tongue cuts

- Bleeding
  - Nose bleeding
  - Ear lobe bleeding

- Dental injuries
  - Tooth fracture
  - Tooth avulsion
Chronic Injuries

- Musculoskeletal Injuries
  - Recurrent ligament sprain (knee, shoulder, ankle)
  - Joint laxity / recurrent dislocation (shoulder, AC joint)
  - Bursitis (Patellar bursitis)
  - Spinal disc herniation and degeneration
  - Osteoarthritis (cervical, knee, shoulder joints)
  - Myositis
  - Myositis Ossifican
  - Stress fracture (scaphoid)

- Neural Injuries
  - Neural compression (sciatic and ulnar nerve radiculopathies)

- Organized Hematoma
  - Cauliflower ear
Illnesses

- **General**
  - Infections
    - Upper respiratory
  - Overtraining Syndrome
    - Over Reaching Syndrome
    - Chronic Fatigue Syndrome
  - Gastrointestinal Disorders
    - Diarrhea
    - Irritable bowel syndrome

- **Sport Specific**
  - Ringworm
  - Impetigo
  - Mulluscum Contagiosum
  - Herpes Gladiatorum
Studies:
National (Championships)
Local (School - University)
International – Olympic Games

IOCMC Surveillance Studies
• 2008 Beijing Olympic Games
• 2012 London Olympic Games

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<thead>
<tr>
<th>Olympic Games</th>
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<th>2012 London</th>
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<tbody>
<tr>
<td>Over all Rate</td>
<td>9.6</td>
<td>11</td>
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<tr>
<td>Wrestling Rate</td>
<td>9.4</td>
<td>12</td>
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Higher Rate Sports
Soccer, Volleyball, Basketball, Hockey, Taekwondo, Handball, Mountain bike, Athletics, Weightlifting, Badminton.

Lower Rate Sports
Archery, Canoe (slalom and sprint), Track cycling, Rowing, Shooting, Equestrian.

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<td>10.4</td>
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<td>Wrestling Rate</td>
<td>8.2</td>
<td>7.4</td>
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Higher Rate Sports
Swimming, Water polo, Soccer, Canoe, Volleyball, Basketball, Hockey, Taekwondo, Handball, Mountain bike, Athletics, Weightlifting,
Facts:

• Injury / illness can be prevented
• Injury / illness take time to be cured
• Injury / illness is expensive to be cured
• Injury / illness reduces sport performance
• Injury / illness may end athlete’s sporting life

Prevention Zone’s

1. Athlete
2. Coach / trainer
3. Team Manager
4. Event Organizer
To Prevent Acute Injuries:

“Athlete’s Zone”

• Strength
• Flexibility and stretch
• Always warm up & cool down
• Proper recovery
• Respect rules & regulations
• Mental fitness and psychological readiness
• Avoid dramatic weight cut
• Have a balanced and rich nutrition
To Prevent Acute Injuries:

“Athlete’s Zone”

• Do not take medications without prescription
• When necessary to use a medication consult with a sport doctor
• Do not use unknown and not necessary supplements
• Use proper equipment & preventative protection
• Record and monitor heart rate / daily - always
• Take any injury or illness serious
• Do not leave an injury & illness untreated
• Practice PRICE when get acute injury
• Do not use cold and warm spray around joints
To Prevent Acute Injuries:
“Coach’s Zone”

• Correct techniques
• Set up the safe training
• Note the proper nutrition / hydration
• Refer ill or injured athlete to Medics
• Watch out for overtraining signs carefully

• DO NOT TREAT INJURIES YOURSELF
To Prevent Acute Injuries:

“Team Manager’s Zone”

- Recruit expert & educated coaches & trainers
- Recruit expert and professional Medics
- Provide expert sport nutritionist & sport psychologist
- Provide proper sport nutrition
- Consider Jet Lag reduction strategy
To Prevent Acute Injuries:

“Organizer’s Zone”

• Provide safe & clean environment
• Prepare healthy nutrition / water
• Available medical facilities & services
• Consider proper transportation facility