

Wrestling Injuries; Prevention Is Easier Than Treatment



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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

Health



Injury

❖ Acute Injuries

❖ Chronic Injuries

- Direct trauma by opponent
- Indirect trauma
- Over pulling, stretching

❖ Illnesses

- *General*
- *Sport specific*

- Autoimmune impairment
- Overtraining Syn.

- Skin Infections
- Nutritional Imbalance / Dehydration

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, cheek, head)
 - Tongue cuts
- Bleeding
 - Nose bleeding
 - Ear lobe bleeding
- Dental injuries
 - Tooth fracture
 - Tooth avulsion

Chronic Injuries

➤ Musculoskeletal Injuries

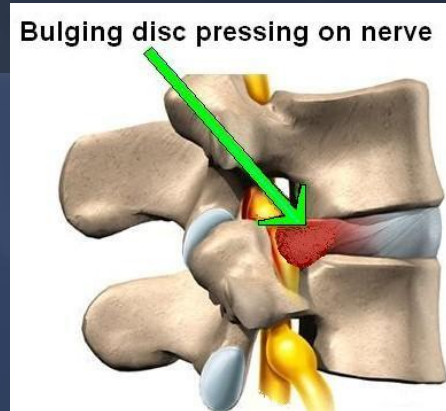
- Recurrent ligament sprain (knee, shoulder, ankle)
- Joint laxity / recurrent dislocation (shoulder, AC joint)
- Bursitis (Patellar bursitis)
- Spinal disc herniation and degeneration
- Osteoarthritis (cervical, knee, shoulder joints)
- Myositis Ossifican
- Stress fracture (scaphoid)

➤ Neural Injuries

- Neural compression (sciatic and ulnar nerve radiculopathies)

➤ Organized Hematoma

- Cauliflower ear



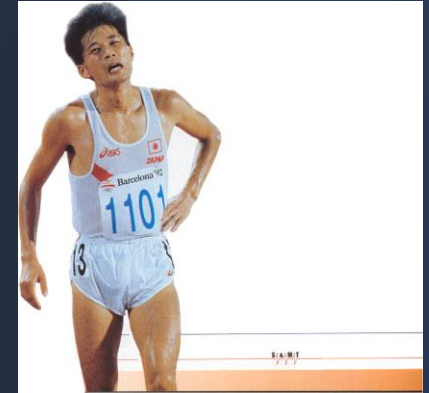
Illnesses

➤ General

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

➤ Sport Specific

- Ringworm
- Impetigo
- Molluscum Contagiosum
- Herpes Gladiatorum



Studies:

National (Championships)

Local (School - University)

International – Olympic Games

IOCMC Surveillance Studies

- 2008 Beijing Olympic Games
- 2012 London Olympic Games

Acute Injury

Olympic Games	2008 Beijing	2012 London
Over all Rate	9.6	11
Wrestling Rate	9.4	12
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.	

Olympic Games	2008 Beijing	2012 London
Over all Rate	10.4	10
Wrestling Rate	8.2	7.4
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

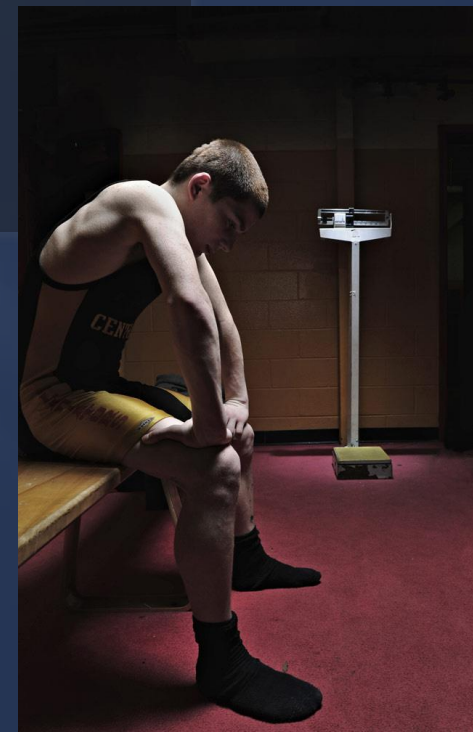
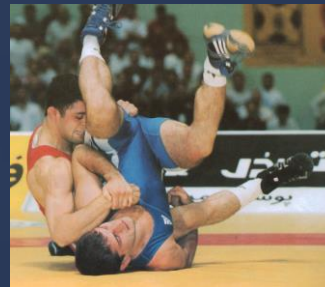
**PREPARE
AND
PREVENT**

Prevention is better than cure - Desiderius Erasmus

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

