

ATHLETICO

PHYSICAL THERAPY

RINGWORM INSTRUCTION SHEET

You have possibly contracted ringworm. Ringworm is a fungal skin infection quite common among physically active individuals. Fungus grows and thrives in a dark, warm, moist environment. During activity, perspiration often accumulates on the skin, providing an excellent environment for the fungus to grow. Fungal infections are identified by small patches of inflamed red skin, scaling, and possible itching.

IMMEDIATE CARE

- 1) **ZERO PARTICIPATION** in practice until cleared by a physician or dermatologist
- 2) Shower Daily
- 3) Wash your hands frequently during the day and try not to touch the infected area of your body
- 4) Clean and dry the area around the infected spot and apply prescription medication. Follow all instruction given by the doctor.
- 5) Wash and dry your clothes separate from other clothes in your family.

I would suggest the following:

_____ See primary care physician or dermatologist

IMPORTANT INFORMATION

As a participant in IHSA (Illinois High School Association) wrestling, the National Federation wrestling states: *If a participant is suspected by the referee of having a communicable skin disease or any other condition that makes participation appear inadvisable, his coach shall provide written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This document shall be furnished at the weigh-in prior to competition in the dual meet or tournament. **COVERING A COMMUNICABLE CONDITION SHALL NOT BE CONSIDERED ACCEPTABLE AND DOES NOT MAKE THE WRESTLER ELIGIBLE TO PARTICIPATE.***

A release form must be filled out by your general practice physician or dermatologist, before you may return to activity.

FOLLOW-UP CARE

Follow up care should take place. This may include a discussion with the treating athletic trainer or clearance from a physician. I plan to follow up with you within 48 hours to ensure that the injury is improving or a plan of care has been established.

If you have any questions prior to my follow up, please don't hesitate to contact me.
Thank You,

_____, ATC Email: _____ Phone: _____
Athletic Trainer

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Athletico provides orthopedic rehabilitation and fitness services. For information about our services or to receive a complimentary injury screen, please call 1-877-ATHLETICO or visit www.Athletico.com for a location.

This guideline is for information purposes only and does not constitute medical advice.