*Management of Sport-Induced Skin Wounds 3.11*

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1. Why are Athletic Trainers considered an “at-risk” group? What does this mean?
2. What are the four most common skin wound types?
3. Typically, how do abrasions and blisters occur?
4. What is the first and best way to care for the wound?
5. List some complications associated with infection.
6. How can Athletic Trainers prevent infection?
7. What is the most common solution used for debridement or cleansing of a wound?
8. Explain the results found when treating a wound with hydrogen peroxide versus saline solution.
9. Explain the findings of various ointments on wound healing.
10. Explain the findings of various creams on wound healing.
11. Explain the findings of lotions and soaps on wound healing.
12. Why do we cover wounds?
13. What is an occlusive dressing? According to this article, are they better than non-occlusive dressings? (Answer found throughout article)
14. What is microflora?
15. Explain how/why the following wound complications occur: pain and infection.
16. What is seborrheic dermatitis?
17. What are hypertrophic scars and keloids and explain how each occurs?
18. What is the best way to treat blisters?
19. Tell me three things you learned after reading this article.
20. Tell me two things that you already knew and were re-educated on.