



The Center
for Physical Rehabilitation

ATC TIP

SKIN LESION IDENTIFICATION AND MANAGEMENT

TINEA CORPORIS (RINGWORM OF BODY)

SIGNS AND SYMPTOMS

- Itchy, red-brown scaling
- Circular, oval, or rounded-square shaped lesion
- Raised outer borders; may not look infected in center of lesion

MANAGEMENT

- Topical antifungal cream 1-2x/day
- Athlete must have used the topical fungicide for at least 72 hours
- Must be adequately covered with a secure breathable dressing

HERPES SIMPLEX I

SIGNS AND SYMPTOMS

- Tingling in the affected region ~24 hours before lesions appear
- Lymph gland swelling, headache, sore throat, and pain around lesions
- Blisters rupture after 1-3 days, later forming a yellowish crust
 - Heals in 10-14 days

MANAGEMENT

- Virus is typically self-limiting
- Must be free of systemic symptoms (fever, malaise, etc.)
- 72+ hours without new blisters, 120+ hours of systemic antiviral therapy
- Firm, adherent crust over lesions

IMPETIGO CONTAGIOSA

SIGNS AND SYMPTOMS

- Initially mild itching, soreness
- Bumps similar to pimples/acne develop, later bursting and forming honey-colored crusts

MANAGEMENT

- Wash vigorously 4-5x/day with cleansing agent and hot water to remove all crust
- After cleansing, gently pat the area dry and apply antibiotic or prescribed medicated ointment
- No new skin lesions for at least 48 hours.
- Completion of a 72-hour course of directed antibiotic therapy (follow physician's orders).
- No further drainage from the wound

COMMON MANAGEMENT GUIDELINES

- Early recognition is critical in preventing the spread of a skin infection to teammates or other schools
- Any and all suspicious lesions should be looked at by a physician
- Obtain written clearance from physician stating lesion is either not contagious or is no longer contagious
- Active infections may not be covered for competition
- It would be proactive to have a copy of a clearance note in your bag for meets, should an official question the appearance of a lesion

STUDENT-ATHLETE HYGIENE

- Shower after every practice and game, cleaning entire body
- Preferably refrain from cosmetic body shaving
- Apparel worn during practices and matches must be washed daily
- Braces, sleeves, and headgear should be disinfected at least 2x/week according to manufacturer's guidelines
- Ideally, these are also disinfected daily
- Using bleach to rid of the infection will only result in chemical burns and dead skin in the affected area.
- Using hydrogen peroxide often delays healing and frequent use should be avoided



Your Physical Therapy Resource

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