

# Skin Examination of Athletes

**Goal: Identify concerning skin abnormalities for further evaluation by a health care provider**

## When to conduct a skin exam

- As part of league rules as in wrestling
- If there is concern for an outbreak among a specific group of athletes.

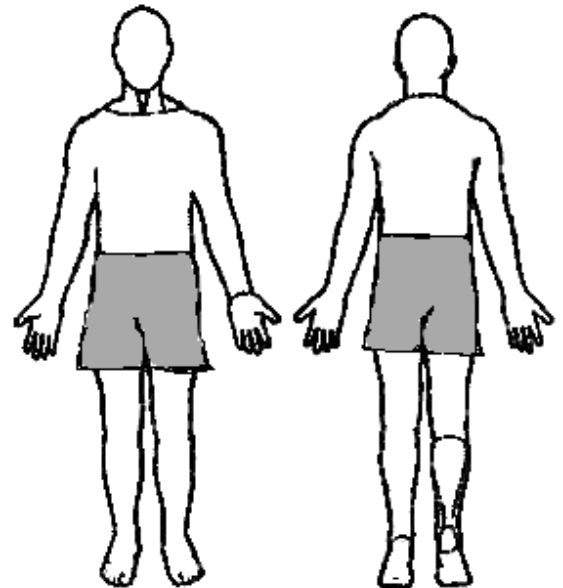
## Where to conduct a skin exam

- Ensure a respectful environment
- Males should be examined wearing shorts and females should be examined wearing shorts and sports bra
- In a private location such as a locker room with good lighting
- A separate location should be provided for males and females
- Same gender examiners are preferred when possible

## How to conduct a skin exam

- Ask the athlete if she/he has any skin problems
- All bandages and wound coverings must be removed prior to examination
- Have the athlete stand with arms outstretched, hands open, and feet shoulder width apart.
- Have athlete lift hair, adjust neck position, lift arms, etc. so that skin can be examined thoroughly
- Systematically examine the body from head to toe including,
  - Scalp, face, and remainder of head and neck.
  - Both arms, underarms, hands, and fingers
  - Chest, stomach, and back
  - Both legs, feet, and toes
- Avoid touching the skin if possible
- If the examiner touches the athlete's skin she/he should wear gloves and change gloves every time between athletes
- After removing gloves, the examiner should clean hands every time between athletes

### Appropriate position for a skin exam



See page 2 for some examples

## What to look for

Any abnormality on the skin related to:

### 1. Pattern

- Appear scratched
- Raised above the surface of the skin
- Depressed or carved out below the surface of the skin
- In groups, clusters, or patches
- Draining fluid, moist, or crusted

### 2. Color

- Red or surrounded by redness
- In groups, clusters, or patches

### 3. Location

- At or above the hair line on scalp
- At edge of the lip or surrounding the mouth

### 4. Anything else abnormal

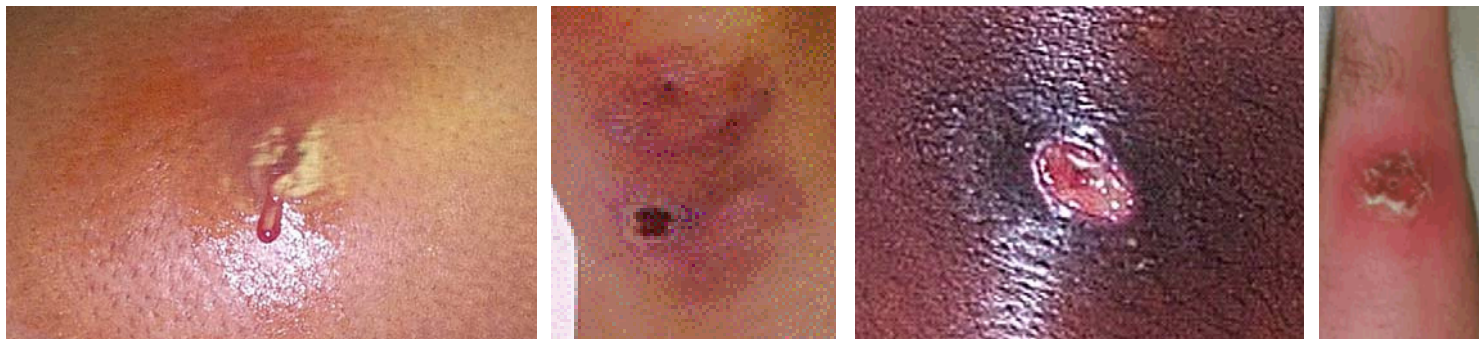
## What to do if you find a skin abnormality

- Refer the athlete to a health care provider for further evaluation and treatment if necessary
- Follow league rules and health care provider recommendations regarding exclusion and return to activities

**For more information see: [www.health.state.mn.us/divs/idepc/dtopics/athlete/](http://www.health.state.mn.us/divs/idepc/dtopics/athlete/)**

# Skin Examination of Athletes

## *Staphylococcus aureus* “Staph”



## Herpes



## Tinea or Ringworm



## Molluscum



## Scabies

