

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.

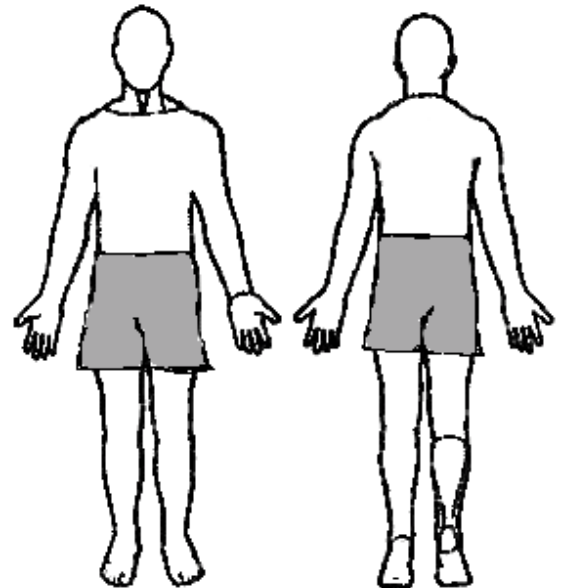
Where to conduct a skin exam

- 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

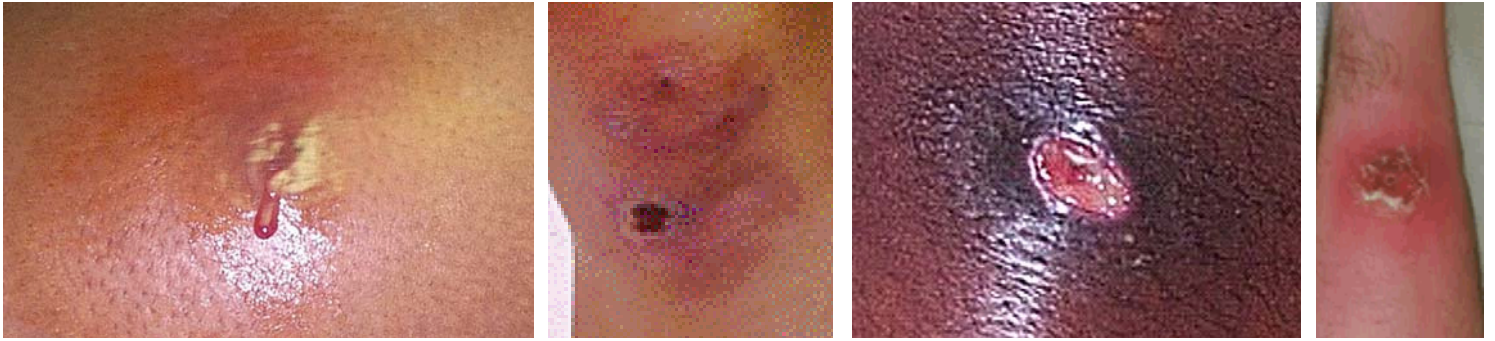
What to do if you find a skin abnormality

- 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

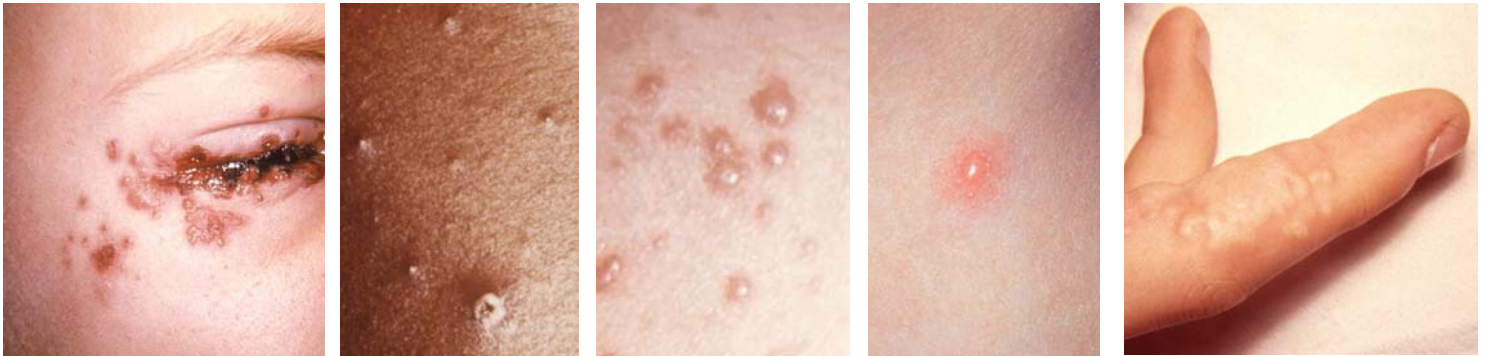
For more information see: www.health.state.mn.us/divs/idepc/dtopics/athlete/

Skin Examination of Athletes

Staphylococcus aureus “Staph”



Herpes



Tinea or Ringworm



Molluscum



Scabies

