

The high school wrestling finals are playing out this week. An orthopedics expert has a rundown of how to treat common injuries on the mat. Here's Tim Ditman of OSF HealthCare.

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Concussions, cauliflower ear, dislocated shoulders, and strained ankles are possible.

On the knee, look out for prepatellar bursitis.

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That's OSF's Glenett Barrett.

Rest, ice and anti-inflammatory meds can help with those knee injuries.

I'm Tim Ditman.

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Barrett says quality gear and training go a long way to prevent these injuries. Also, skin infections are a risk on the dirty mats. So, shower often and watch for sores and rashes. More on wrestling injuries at [newsroom.osfhealthcare.org](https://newsroom.osfhealthcare.org).