

## Avoiding mat-astrophes

### ANCHOR LEDE

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

### TAKE VO

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

On the knee, look out for prepatellar bursitis [burr-SYE-tis].

### \*\*\*SOT\*\*\*

Glenett [gleh-NET] Barrett  
OSF HealthCare orthopedics APRN

**“There’s a bursa, which is a fluid-filled sac that covers the patella [the kneecap] to give it a cushion for the other tissues to slide over. It gets very angry when [hits to the mat] happen over and over. It becomes inflamed. Extra fluid will build up. It gets pretty painful.” (:22)**

### VO TAG

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

Barrett also says quality gear and training go a long way to prevent these injuries. Also, skin infections are a risk on dirty mats. So, shower often and watch for sores and rashes.

More on wrestling injuries at [newsroom.osfhealthcare.org](https://newsroom.osfhealthcare.org).