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## WOUND CARE - ABRASIONS

Abrasions are very common in athletics and typically occur from scraping on a hard surface, like when a soccer athlete slide-tackles on a hard field. This friction removes the top layer of skin. This scraping of skin is called an abrasion, "Road Rash" or "strawberry." Most abrasions are shallow wounds and do not bleed a lot. There are many superficial nerve endings in the skin, which can make abrasions very painful.



### TREATMENT

The best treatment for abrasions is to thoroughly clean the wound with soap and water or a mild antiseptic wash.

- Wash wound with soap and water to remove dirt and debris.
- Use a clean gauze pad to clean the wound. Do not scrub too vigorously.
- Do not use hydrogen peroxide it will dry out the skin and cause further damage.
- Apply antibiotic ointment over wound.
- Cover wound with a non-stick gauze pad and tape.
- Change dressing daily to prevent infection.
- Keep wound moist with ointment until healed.
- Large abrasions should be seen by a physician.

### HEALING

The abrasion will heal from the deeper layers to the surface layers, and from the outer edges to the center. The abrasion will also look pink and raw. The new skin that is formed will be pink and smooth.

### PREVENTION

It is possible to prevent abrasions by wearing some type of protective pad or by covering exposed skin with clothing and wearing slider shorts.



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

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