



Ready WRESTLE

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Health Information for Wrestlers, to Keep them.....Ready To Wrestle
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HOW TO CONTROL WRESTLERS NOSEBLEEDS

Wrestlers get nosebleeds secondary to poor nutrition (lack of iron) innate susceptibility, contact with nose (elbows, knees, face plants), dehydration and drying of nasal passages all contribute. Apply a thin layer of vaseline inside nostrils during season, apply to cracking lips as well, bloody openings are not good.

Step 1

Use only healthy diet practices when cutting weight for competition. Malnutrition - especially lack of iron -- can exacerbate nosebleeds and make them more difficult to staunch during competition.

Step 2

Take vitamins or nutrition supplements that contain iron, vitamin K and vitamin C. These vitamins and minerals are important to the processes that cause blood clotting and will help your body stop a nosebleed within the time frame available during competition.

Step 3

Sit down and breathe deeply as soon as injury time begins. Restoring a normal heartbeat will slow your blood flow, helping it to clot faster and stop the bleeding.

Step 4

Lean your head forward while you rest or stand. Tilting your head back might mean getting less blood on the mat, but it increases your risk of choking on the blood as it drips down your throat. A coughing fit will not help you control the bleeding.

Step 5

Pinch your nose firmly between thumb and forefinger at the top of your nose near the bridge. This applies direct pressure to the blood vessels in your nose, the same way you would press with a dressing on an exposed and bleeding injury.

Step 6

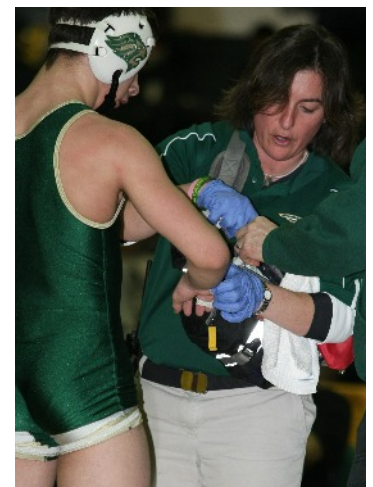
Apply ice to you face above your nose. Cold causes your blood vessels to constrict, further reducing the blood flow to your nose and making it easier for the blood to clot. Apply the ice over the hand that's pinching your nose so you can maintain the pressure.

Step 7

Resist the temptation to blow or pick your nose until after the match is over. It's going to feel strange there for a while, but picking at risks dislodging the clotted blood and starting the nosebleed again.

Step 8

Insert your favorite absorbant item for this purpose, by corkscrewing it into the nostril. Their are some products on the market to aid this by Cramer or CELOX. Try them.



And by the way ... Whenever there is blood...
WEAR YOUR GLOVES !!!

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