



Upper Valley  
Medical Center  
Premier Health Partners

# UVMC Center for Sports Medicine

*Your Home Town Sports Medicine Team*

450 N. Hyatt St., Suite 102 • Tipp City, Ohio, 45371 • (937) 667-2614 • UVMC.com

November 2010

## Prevention of Sports Related Skin Infections

**By: Aaron Schlotterbeck, ATC, LAT**

The transmission of communicable diseases and skin infections in the sports environment has increased over the past several years. There's a misconception that in athletics, transmission can only occur through exposure to the bodily fluids of an infected individual. Actually a majority of these types of diseases and infections are transmissible through skin-to-skin contact, through the athletes sharing towels or sports equipment, or through poor hygiene in general.

Some of the most commonly transmitted skin infections are fungal infections such as tinea corporis (ringworm), bacterial infections (impetigo, folliculitis, carbuncles, furuncles, and MRSA), and viral infections (shingles, cold sores, herpes gladiatorum, molluscum contagiosum, and verruca). The immediate evaluation and diagnosis of these communicable diseases and skin infections is vital in preventing wide spread infection through athletic competition and practice.

If an athlete is suspected of having any of these infectious agents, he/she should communicate such suspicions with a parent/guardian, the athletic trainer and the coach prior to participation in athletic competition or practice. If diagnosed with a contagious communicable disease or skin infection, the athlete will be required to be treated by a physician and may not return to competition or practice until he/she is declared to be non-contagious according to NFHS guidelines.

Following these general hygiene guidelines established by the National Federation of State High School Associations (NFHS) will help in minimizing or preventing the transmission of infections. *(Please note that some skin infections may still occur even if these guidelines are strictly followed):*

- Athletes should shower immediately following all practices and/or competitions
- Workout clothing should be washed after each practice
- Wash personal sports equipment weekly (knee pads and braces)
- Do not share towels or personal hygiene products with other athletes
- Refrain from full body cosmetic shaving (chest, arms, abdomen)

Please click on the following link for additional information on preventive guidelines for infectious skin diseases, blood-borne infectious diseases, and other communicable diseases:

<http://ohsaa.org/medicine/sportshygiene.pdf>

Please contact the UVMC Center for Sports Medicine at **937-667-2614** for more information, or call your primary care physician for immediate medical attention if you suspect that one of your athletes has contracted a communicable disease or skin infection.

## UVMC Center for Sports Medicine SCHOOL SPIRIT NIGHTS

The staff at the UVMC Center for Sports Medicine is excited to come to the following schools to host a UVMC School Spirit Night. Rally towels in the home team's colors will be passed out at the game entrance to the student body on a first come first serve basis. A raffle to select 3-5 participants for a halftime event will also occur. Each of these participants will receive a door prize in addition to the winner receiving a discount coupon to any of the following Center for Sports Medicine programs: The Explosive Speed and Power (ESP or ESP Jr.) Sports Enhancement program; Sportsmetrics Knee Injury Prevention program; Bike Fit and Performance program; or a Fitness Assessment and Personalized Exercise program.

Dec. 17, 2010 at —Bradford vs. **Newton**  
 Dec. 28, 2010—Tippecanoe vs. **Troy**  
 Jan. 7, 2011—Waynesville vs. **Troy Christian**  
 Jan. 21, 2011—Newton vs. **Miami East**  
 Jan. 22, 2011—Milton-Union vs. **Tippecanoe**  
 Jan. 29, 2011—Anna vs. **Covington**  
 Feb. 5, 2011—Covington vs. **Bradford**  
 Feb. 9, 2011—Sinclair vs. **Edison**

*\*Please note home team is in bold print  
 \*\*Visit <http://www.highschoolsports.net> for game times*

## WELCOME Mark Zunkiewicz, MD

Orthopaedic Surgeon  
 Mark Zunkiewicz, MD, brings an exciting background in the field of sports medicine to the UVMC sports medicine team. Dr. Zunkiewicz recently completed a fellowship in orthopaedic sports medicine and arthroscopy and has worked extensively with many types of competitive athletes and active individuals of all ages.



Mark Zunkiewicz, MD

Dr. Zunkiewicz is trained to perform most operations arthroscopically, including shoulder, elbow, wrist and knee surgery. He is also trained to perform hip arthroscopy for the treatment of labral tears and femoro-acetabular impingement (FAI). He performs arthroscopic rotator cuff repair, arthroscopic labral repair (shoulder instability procedures), total shoulder replacement, reverse total shoulder replacement, ACL, PCL, MCL, LCL reconstruction, meniscal repair, and a variety of other sports and non-sports related procedures focusing on the shoulder, elbow, hip and knee.

New patients are welcome. Call Upper Valley Orthopaedics at (937) 335-3561.



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### TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like congratulate the following teams from the area for their outstanding achievements and selection as Team of the Month this fall:

#### September: Covington High School Boys' Golf Team

The team was recognized for its accomplishments during the 2010 fall golf season. As of September 13, the team was 8-1 in the Cross County Conference with two league matches to play and the league tournament. During the season the team broke a 37-year-old record of a 154 by shooting a team total of 153 on Aug. 23. A week later, the team beat its own record by shooting a 147 team total. Senior Eric Beckstedt also tied an individual school record by shooting 32 (4 under par) on Aug. 30.

#### October: Tippecanoe High School Boys' Soccer Team

The team was recognized for its outstanding 2010 season. They had an 11-0-0 record in the Central Buckeye Conference and finished the regular season with an overall record of 15-0-1. As of October 18, the team was ranked 6th in the state of Ohio in Division II. The team has scored 64 goals, giving up only four, and the defense has recorded 13 shutouts.

#### November: Miami East High School Girls' Volleyball Team

The team had its best regular season record in school history going 20-2 during the 2010 season. The team also went 12-0 in conference play earning both its first Cross County Conference title and its first outright league title. The team also experienced some others firsts for the program. As of Oct. 17 the team was ranked 6th in the Dayton Daily News fifth week coaches poll in Division III & IV combined and it was ranked 17th in the state of Ohio in Division III. When not concentrating on the court, the team also participated in the Susan G. Komen Volley for the Cure match, raising \$1771 that was donated to breast cancer research.