



Common Mat-Side Injuries

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Nose bleeds are usually the most common injury seen at the mat side. These are common injuries not only because of the physical nature of the sport, but also because of multiple contributing factors such as weight loss, ant-inflammatory use and the dry environment during the winter

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months. Most coaches and older wrestlers are very adept at taking care of the majority of nose bleeds as long as the proper supplies are available at the mat side. This is why having medical tackle boxes or trays can facilitate taking care of these types of problems. Usually there is not enough time to completely stop the bleeding, but sever-

al simple maneuvers will help. The athlete should be sitting or standing with the head tilted forward. Leaning the head back or lying flat on the mat makes it more difficult to stop the bleeding and will result in a lot of blood going into the throat, sometimes resulting in aspiration or vomiting. The best thing to do is to apply a pinching pres-

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