

# Dermatological Management of Wrestling Team with Cutaneous MRSA Infection: A Case Series

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**Introduction/ Background:** Wrestling is a sport that uniquely causes a high number of cutaneous infections due to the skin-to-skin contact that is inherent with the sport. This case series outlines the unique management of several wrestlers from the same high school team who presented in a short period of time.

**Case Presentation:** In the middle of the high school wrestling season of 2023, 4 wrestlers from the same northwest Ohio high school team were referred to the dermatologist by their coach after routine team skin checks due to suspicion of infection. At presentation, all wrestlers had wounds on their skin. Through culture and sensitivity testing, it was determined that their infections were all from the same strain of methicillin resistant *Staphylococcus aureus* (MRSA), and they all were treated with successfully with doxycycline 100mg bis in die and Bactrim bis in die for a week. Soon after, the dermatologist made an announcement to the state's dermatological association and high school athletic association, describing the infections so that others could monitor for other cases in the community.

**Conclusion:** Because all the wrestlers presented with almost identical histories and their culture and sensitivity tests yielded identical results, it was concluded that their infections were of the same strain of MRSA. It is recommended that dermatologist's culture and sensitivity test wrestlers who present with suspected infection and they should notify local agencies of potential outbreaks. Additionally, dermatologists should teach proper hygiene and mat cleaning techniques to wrestlers and coaches to prevent infections.

**Keywords:** Community Acquired Infections, Skin to Skin Transmission, CA-MRSA, Wrestling