Abrasions often occur when an athlete’s skin rubs against the playing surface or other rough object and the skin is scraped (sometimes referred to as a “strawberry” or “road rash”).

Caution!
Seek medical assistance if the area is very large and affects deep layers of skin, there is embedded debris in the wound, or the bleeding is difficult to control.

How is it treated?
• Flush the area with water and gently clean the area with a mild detergent cleanser.
• Apply an antibiotic ointment and a dry non-stick dressing. It is best not to rub the area or use hydrogen peroxide since it can harm the tissue and interfere with healing.
• Use direct pressure over the area to decrease bleeding if necessary.

Find More Information
• Mayo Clinic: http://mayoclin.in/1nn7R8Z
• Medline Plus: http://1.usa.gov/1nU0hj6