



Building Blocks of Clinical Practice

Helping Athletic Trainers Build a Strong Foundation



Issue #1: Fungal Infections of the Skin

Athlete's Foot (Tinea Pedis)

Definition:

- Fungal infection of the foot

Causes:

- The maceration effect of perspiration reduces the natural barrier of epidermis to invasion by fungal elements

Symptoms:

- Peeling, cracking and scaling of the feet
- Redness, blisters, or softening and breaking down of the skin
- Itching, curing or both

Types:

- Trichophyton rubrum
 - ♦ Interdigital
 - ♦ Moccasin
- Trichophyton mentagrophytes
 - ♦ Vesicular

Diagnosis:

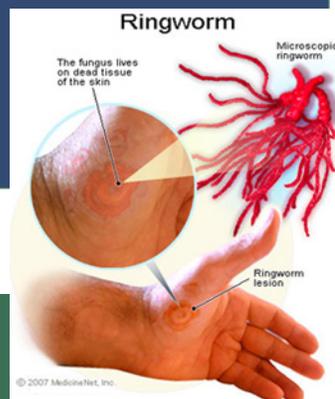
- Evaluation of the scraped skin under microscope for evidence of fungus

Treatment:

- Topical or systemic antifungal agents

Prevention:

- Topical or systemic antifungal agents
- Prophylactic therapies: change socks often, keep feet to breathe dry, avoid nylon sock, foot powder



References:

1. Adams, B.B. (2008). Skin infections in athletes. *Dermatology Nursing*, 20(1), 39-44.
2. Dougherty, T.M. (2003). Sports dermatology: What certified athletic trainers and therapist need to know. *Athletic Therapy Today*, 8(3), 46-48.
3. Picture reprinted with permission from MedicineNet.com, 2010.

Jock Itch (Tinea Cruris)

Definition:

- Fungal infections of the groin and adjacent skin

Causes:

- Macerating effect of chronic perspiration in primarily males

Signs & Symptoms:

- Redness, itching, pain, and centered along inguinal creases. Approximately half of the patients have existing tinea pedis

Diagnosis:

- Potassium hydroxide (KOH) test

Treatment:

- Topical or antifungal

Prevention

- Keep area clean, dry and cool

Ringworm (Tinea Corporis)

Definition:

- Dermatophyte infection

Signs & Symptoms:

- Itching, slightly elevated scaly patches, a circular pattern of vesicular area

Diagnosis:

- Potassium hydroxide (KOH) test

Treatment:

- Topical or oral antifungal

Prevention:

- Keeping the skin cool, clean and dry

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