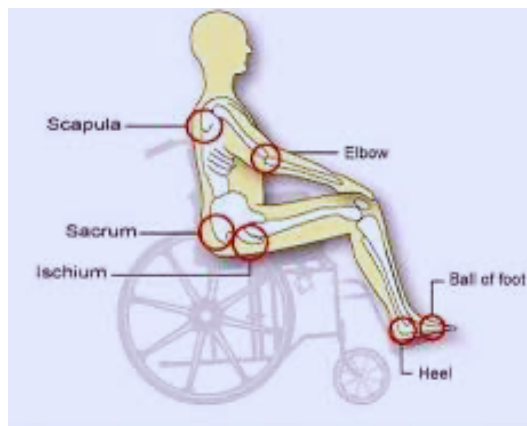


PRESSURE SORES

WHAT ARE PRESSURE SORES?

A pressure sore or ulcer is an injury to the skin and underlying tissue due to prolonged pressure on the skin. They are extremely common and dangerous for individuals who spend a significant amount of time seated in a wheelchair.

High Risk Areas



Causes of pressure injuries

- **Pressure** over bony prominences where there is a loss of blood supply to that area
- **Sheering** due to movement across a surface, such as transferring across a transfer board or over a wheelchair tire
- **Friction** from the skin rubbing against an object
- **Moisture** from sweat or episodes of urinary incontinence
- **Vascular** damage due to venous or arterial ulcers, which is more likely to occur in individuals with diabetes

SPORT CONSIDERATIONS

Inspect and pad support surfaces and check points of contact to protect against sheering, such as cushions

Ensure athletes have opportunities during practices or games to move and relieve pressure

Perform informal skin checks, especially for new athletes