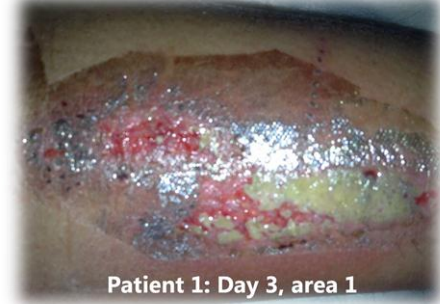




True Burns With Grit!

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Results



Patient 1: Day 3, area 1

Background

A current fitness craze involving commando-inspired obstacle courses provide a great social way to promote health and activity. Whilst challenging the "weekend warrior" physically in the muscle department is the aim, poor adherence to recommended attire is instead challenging the skin in undesirable and often painful ways.

Friction from contact between the skin of the legs and course equipment, followed by water, sand and mud challenges has resulted in a number of presentations of infected friction burns.

Currently attire recommendations are not routinely provided for these sort of events, rather they are provided in the "Frequently Asked Questions" section of the event website, presented as: *"What should I bring? We strongly recommend long pants, or leggings and long socks to make your course comfortable and provide protection."* *"Keep clothing light, as you are guaranteed to warm up during the course."*

This poster presents the progression of treated burns sustained by this previously undocumented modality.

Yeah I still can't walk due to rope burn, that would be my only tip. don't bother training for this, just protect your legs.
May 21 at 12:11pm · Like · ↻ 4

I wonder how much skin is still on the rope?
May 21 at 12:15pm via mobile · Like · ↻ 5

Wearing long socks is the key, im still battling with painful rope burn 10 days later
May 21 at 12:15pm · Like

Rope burn wildly got infected as well..
May 21 at 12:21pm via mobile · Like

Infected burns on both legs 😞 definitely long socks next year!
May 21 at 12:22pm via mobile · Like

Half of Adelaide walking around with bandaged calves from burns!
May 21 at 12:23pm via mobile · Like · ↻ 6

yep I too have wicked rope burn on my calfs which also ended up infected, and im still struggling with it healing and walking, cant wear long pants! i think it is going to leave a nice scar, I completed it so im proud and will think seriously about long pants/sock next year! lol
May 21 at 12:23pm · Like · ↻ 1

If you are still about to do please wear long pants or knee high socks to prevent friction burns to lower legs under tacking this obstacle. There are a lot if people sustained friction burns at the event in Adelaide.
May 21 at 12:35pm via mobile · Like · ↻ 2

Wear long socks that stay up! Mine came down and still have a nasty burn mark
May 21 at 11:41am via mobile · Like

I'd go two pair socks.... My burn infected ... Only down side of the whole day 😞 the rest was awesome 😊
May 21 at 11:45am via mobile · Like · ↻ 2

Def wear long socks so many people got rope burn quite bad. This was my favourite obstacle
May 21 at 11:49am via mobile · Like

Definitely wear long pants or socks that cover above knee. 4 out of our 8 team members have been on antibiotics from the rope burns that got infected! I wore skins & got away with a gr8 bruise to share! Was still fabulous day & loved every minute!
May 21 at 11:50am via mobile · Like

Still bruised behind my knees...
May 21 at 11:50am via mobile · Like · ↻ 1

my hubby has rope burn down both calves - wear long pants! 😊
May 21 at 11:59am · Like

I got burned THROUGH my long socks, so be prepared!
May 21 at 12:06pm via mobile · Like

Discussion

Social media sites also indicate that many injuries of this type are going undiagnosed and hence self or not treated. This may result in: delayed healing, poor cosmetic outcome and, delayed productivity in otherwise healthy participants.

Recommendations

Through raising awareness of such injuries, improved rates of compliance with attire recommendations may decrease the occurrence of such friction burns. Promotion of early treatment may improve outcomes, ensuring that such events remain the fun day that they are intended to be and continue to promote a healthy lifestyle.