

## The Importance of Wrestling Headgear

Wrestling involves the head being bashed around and thus the ears, eyes, nose and lips are always at risk of injury leave alone the brain which is open to the risk of concussions. To protect the ears a special type of guard called the wrestling headgear is worn. This protective wear features two straps that go behind the head and two others that go over the front of the head and a last one which goes under the chin. Though this equipment is termed headgear, its functionality only serves the ears hence its other names i.e. ear protectors or guards.

High schools and colleges in the USA demand that ear guards be worn during practice and actual wrestling while in Canada wearing is allowed but not compulsory. The main injury that a wrestling headgear protects against is the cauliflower ear. When the ear is subjected to frequent bashing the blood vessels therein may burst. The blood leakage causes the cartilage to separate from the skin then the whole internal region is filled with blood. Once the blood hardens the cartilage dies making the surface of the ear hard and deformed.

One cannot overstate the importance of wearing a properly fitting wrestling headgear hence you need to take some time to get the most appropriate one. The first step is to get your head's measurements. Do not do this on your own rather let your coach or training partner take your head's circumference. There are a variety of headgears out there therefore you should find one from a reputable sports house or make use of recommendations from your coach and the consumer remarks available on the internet. The construction material also matters but common materials used for covering the ear include sturdy plastic or foam. The headgear may be fastened via button snaps or Velcro.

The internet is currently the best venue where to shop for ear protectors. You can easily browse over numerous web pages comparing prices and brands. This is much better than physically visiting endless brick and mortar sports stores. The wrestling headgear variety on the internet exposes you to the different styles, sizes and colors available. You also get to view other accessories that accompany headgears such as hair slickers, chin cups, face masks etc.