

# The Real Problem of Weight Loss is the Method of Weight Loss

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I have been following the issue of weight loss and wrestling closely while working with wrestlers for approximately 20 years. I want to present my views on the proposed weight loss rules to the general wrestling community since they differ substantially from what

the National Federation has recommended.

It is a given that wrestlers will lose weight to make weight classes and to find a spot on their teams. Since there is scientific evidence that leaner wrestlers are more effective, at least at the high school level, weight loss can obviously be good.

Specifically, when fat is lost, performance will be enhanced. On the other hand, everyone would agree that weight loss is detrimental when carried out to abusive levels. My job as a sports medicine provider is to help make sports safe for all competitors. In that regard, I have per-