

# Athletic Healing Therapy Assignment 2015

## Purpose:

This assignment is to investigate the mechanics and physiological changes of caused by different healing techniques used to help athletes heal when they suffer a soft tissue injury

You may do the presentation in groups of 2-3

## Evaluation:

The presentation will involve 2 elements



## Part One:

2-3 page explanation of the healing process technique including abstract (physiological and/or anatomical, mechanical, controversial aspects if applicable)

- a. references are required - **(APA format is required for footnotes or quotes, you need at least 3 )**
- b. **4 multiple choice questions about your presentation must be emailed to me (houldcroftk@hdsb.ca)**

## Part Two:

Presentation (5 - 10 minutes)

- c. Power point to assist presentation
- d. 4 multiple choice question quiz for the class taken up during your presentation
- e. Demonstration of technique – use actual technique if possible
- f. Question Period

**Rubric - will follow**

## Possible topics

Ice, T.E.N.S., massage, ultrasound, medications, Strength Training, barometric chamber, acupuncture, stretching (PNF), Stem cell therapy, Pain Therapy , Gene Therapy , blood doping therapy, steroidal therapy

**Or if you have another topic please confirm with me to make sure appropriate**