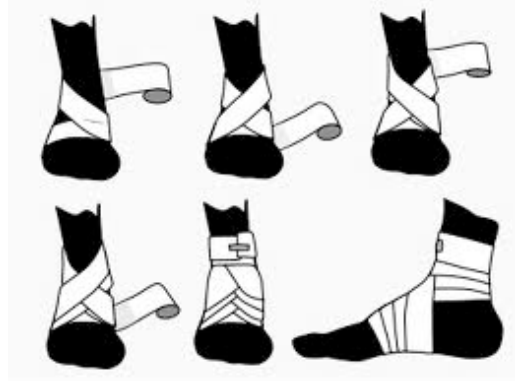
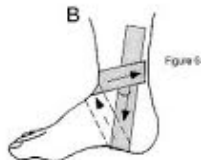
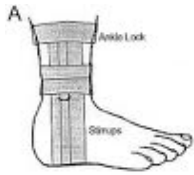


CKSS Sport's Injury Lab 2013

Name: _____



Practical Application

1. Do the proper prevention tape jobs on one of your group members for the following two injuries and have the teacher initial below in space provided when tape job is complete

a. inverted sprain

b. rotator cuff strain

Initial Assessment

2. Describe the signs that might indicate a soft tissue injury (S.H.A.R.P.)

S.

H.

A.

R.

P.

3. How can you tell with the injury is a tendon or a ligament ? What test would you use to verify your suspicion ?

4. Immediately after a player sustains a soft tissue injury how should the athlete be treated (P.I.E.R)

P.

I.

E.

R.

5. What muscles/tendons or ligament is the tape job for both injuries supporting

a. Sprained ankle (inverted sprain)

1.

2.

3.

4.

5.

b. Rotator Cuff Strain

1.

2.

3.

4.

5.

Technique to Expedite healing

6. What healing technique would you use to speed up the healing process and get the athlete back on the playing field or court or ice (This should be a number of jot dots or a paragraph)

(In your answer you must explain the physiological reason why your technique will do this - be very detailed using anatomically correct terminology to explain the healing process at the soft tissue level -refer to Thompson Text)