**FINAL Injury Project Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**34 points

“Trainer, help I’m injured! Can you diagnose me and help me get back in the game?”

**Goal: As the athletic trainer you will explain the athletes condition, how to assess the injury along with rehabilitation of the injury.**

Format – can be a skit, presentation or video as long as the following are clearly addressed:

**Injury (4 pts)**

* Location: Diagram/image displaying location of injury is explained(1 pt)
* Tissue: Identify tissue injured and a brief overview of the healing timeline for the athlete (1 pt)
* Cause: Explain direction and location of force that would cause the injury (this could be done through a scenario, video, image etc.) (1 pt)
* Signs/symptoms: Explain the signs/symptoms that correlate with this injury type (1 pt)

**H.O.P.S. (6 pts)**

- History – what will you ask your patient related to the injury? (1 pt)- Observations – what will you look for? Why? (1 pt)- Palpation – what will you look for? Why? (1 pt)- Special tests – (3 pts)  
 -Explain any special tests that a doctor/A.T. would use for diagnosis.   
 -What would a positive look like?  
 -Clearly demonstrate

**Rehabilitation (14 pts)**

* Rehabilitation/conditioning exercises (must have 2) (7 pts each)
  + Communicate the needs of your presentation to Mrs. Sutton – Mats? Weights? Location?
  + Each exercise must be demonstrated/explained properly (2 pts)
  + You will then instruct the class to complete 1 set of each exercise (reps per set must be defined by group) (1 pt)
  + Timeline/detail for exercises (# of reps, frequency, how long, etc.) (1 pt)
* Purpose/goal of exercises is explained (how does it help the athlete get back into the game)(1 pts)
* Explain the stage of rehabilitation each exercise fits into (IMPRESS) (1 pts)
* Explain the type(s) of muscle contraction or stretch being used for each exercise (1 pts)
* Other (1 pt)
  + Any limitations for athlete (what shouldn’t they do?)
  + Any supportive equipment they should use? If so, for how long?
  + When can the athlete return to activity

**Functional Test (2 pts)**

**-** Explain and clearly demonstrate a functional test that would be used to see if the athlete could return to activity  
- As the A.T. what are you looking for when the athlete is completing the functional test?

**Presentation (5 pts)**

* All presenters have a clear understanding of the material and participate in other groups exercises (1 pt)
* Well – Rehearsed: Everyone speaks clearly to the class, good eye contact, doesn’t read off of slides (1 pt)
* Presentation is organized in a logical manner (1 pt)
* **Class is instructed to participate at least TWO times and all other exercises are demonstrated by group (2 pts)**
  + **Participate in other presentations also**

**Citations (3 pts)**

* Citations for all material is given using MLA format

Potential Injuries – other ideas/interests just ask

Groin strain

Hip dislocation

Sternoclavicular joint sprain

Acromioclavicular joint sprain

Shoulder impingement syndrome

Glenohumeral dislocation

Rotator cuff strain

Elbow sprain

Carpal tunnel syndrome

Wrist tendonitis

Cervical Sprain (whiplash)

Pinched Nerve (Brachial Plexus Injury)

Lumbar Sprain

Sciatica

Herniated Lumbar Disk

Hernia

Abdominal Strain

Tennis Elbow

Neck Pain

|  |  |  |
| --- | --- | --- |
| Final Injury Project Grading Key | | |
| **Injury (4 pts)** | Location | \_\_\_\_/1 |
| Tissue/Healing | \_\_\_\_/1 |
| Cause | \_\_\_\_/1 |
| Signs/symptoms | \_\_\_\_/1 |
| **HOPS (6 pts)** | History | \_\_\_\_/1 |
| Observations | \_\_\_\_/1 |
| Palpation | \_\_\_\_/1 |
| Special Tests – positive/demo | \_\_\_\_/3 |
| **Rehabilation Exercises**  **2 total**  **(14 pts)** | Demonstrated/explained | \_\_\_\_/2 |
| Purpose/Goal of exercise explained and how it relates to rehabing | \_\_\_\_/1 |
| Stage of IMPRESS explained | \_\_\_\_/1 |
| Contraction/stretch type explained | \_\_\_\_/1 |
| Class completes 1 set | \_\_\_\_/1 |
| Other- limitations, equip, return? | \_\_\_\_/1 |
|  |  |
| Demonstrated/explained | \_\_\_\_/2 |
| Purpose/Goal of exercise explained and how it relates to rehabing | \_\_\_\_/1 |
| Stage of IMPRESS explained | \_\_\_\_/1 |
| Contraction/stretch type explained | \_\_\_\_/1 |
| Class completes 1 set | \_\_\_\_/1 |
| Other- limitations, equip, return? | \_\_\_\_/1 |
| **Functional Test (2 pts)** | Demo/explained/looking for? | \_\_\_\_/2 |
| **Presentation (5 pts)** | Knowledgeable | \_\_\_\_/1 |
| Well-rehearsed/not reading from notes | \_\_\_\_/1 |
| Logical order | \_\_\_\_/1 |
| Class participation (in others also) | \_\_\_\_/2 |
| **Citations (3 pts)** | Citations - MLA | \_\_\_\_/3 |
|  | **Total** | **\_\_\_\_/ 34 pts** |
| Comments: | | |