**Knee Injury Project – 28 points Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**“Hello Trainer! I am having some problems with my knee. 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 (3 pts)**

* Location: Diagram/image displaying location of injury is explained(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/Treatment ( 11 pts)**

* 3 exercises used for rehabilitation of the injury are clearly demonstrated (6 pts)
* Explanation on WHY each exercise is used (3 pts)
* Timeline/detail for exercises (# of reps, frequency, how long, etc.) (1 pt)
* Other (1 pt)
  + Any limitations for athlete (what shouldn’t they do?)
  + Any supportive equipment they can 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 (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)**

**Citations (3 pts)**

* Citations for all material is given using MLA format

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| Knee Project Grading Key | | |
| **Injury (3 pts)** | Location | \_\_\_\_/1 |
| Cause | \_\_\_\_/1 |
| Signs/symptoms | \_\_\_\_/1 |
| **HOPS (6 pts)** | History | \_\_\_\_/1 |
| Observations | \_\_\_\_/1 |
| Palpation | \_\_\_\_/1 |
| Special Tests – positive/demo | \_\_\_\_/3 |
| **Rehab/Treatment (11 pts)** | 3 exercises - demo | \_\_\_\_/6 |
| Why exercises | \_\_\_\_/3 |
| Plan/timeline | \_\_\_\_/1 |
| Other – limitations, equip., return? | \_\_\_\_/1 |
| **Functional Test (2 pts)** | Demo/explained/looking for? | \_\_\_\_/2 |
| **Presentation (5 pts)** | Knowledgeable | \_\_\_\_/1 |
| Well-rehearsed | \_\_\_\_/1 |
| Logical order | \_\_\_\_/1 |
| Class participation | \_\_\_\_/2 |
| **Citations (3 pts)** | Citations - MLA | \_\_\_\_/3 |
|  | **Total** | **\_\_\_\_/28 pts** |
| Comments: | | |