**Unit 2: Tissue Injuries and the Healing Process**

Enduring Understanding

Tissues are structurally designed to withstand common forces applied to the area on the body that they originate

If excessive forces are applied to a tissue an injury may occur which will cause the body to begin repairing the damaged tissue

Topic: Tissue Injuries

1. Describe the major mechanical forces that produce injury to body tissues (i.e. compression, tension, shear, torsion)
2. Explain how common injuries of skin, muscles and tendons, joints and bone relate to the structural organization of the tissue
3. Differentiate between an acute and chronic injury
4. Differentiate between acute traumatic injuries

Topic: Tissue Healing

1. Explain the importance of understanding the healing process as a Sports Medicine professional.
2. Describe the phases of the healing process and any factors that may delay this process.

1. Explain various factors that alter an athlete’s pain interpretation and strategies a Sports Medicine professional can use to appropriately assess an individual’s pain.

**Vocabulary**

Acute injury

Angiogenesis

Articular capsule

Articular cartilage

Ball and socket

Blister

Cartilaginous

Chronic injury

Coagulation

Collagen

Compact bone

Compression

Condyloid

Contusion

Cramp

Diaphysis

Dislocation

Edema

Elastin

Epiphyseal plates

Epiphysis

Fibrous

Fractures (11)

Gliding/plane

Hinge

Inflammatory phase

Laceration

Ligaments

Maturation phase

Pivot

Proliferative phase

Puncture

Saddle

Shear

Sprain

Strain

Synovial

Synovial cavity

Synovial fluid

Tendinitis

Tension

Torsion

Vasoconstriction

Vasodilation