

Today, October 26th

- **Intro** – Pick-up a pocket mask & valve; gloves out
- **Advanced** – Pick-up notes; laptops/headphones, warm-ups & notes out
- **Reminders ‘n Stuff**

- **Halloween Out** tomorrow!



- Bring laptop/tablet for tomorrow's Employability Skills Reflection #7

- All missing 1st Quarter “stuff” due *next* **Tuesday, October 31st**
- Binder Check #1 *next* **Friday, Nov. 3rd**



Today, October 26th

Introduction to Sports Medicine



- FYI – Oct. 2nd warm-up was not listed on the Weekly Course Calendar...make sure you've completed it (esp. if absent that day)
- ATR Alternative Activities document *updated*
- Exam remediation questions? Email corrections by **11:59pm next Tuesday**
- BLS Written Exam **Monday, Nov. 6th** with practicals beginning Tuesday/Wednesday
- **Skills:**
 - Rescue Breathing
 - Begin 2-Rescuer BLS

Today, October 26th

Advanced Sports Medicine

- **Warm-Up:** Evaluation Sequence Review
- Senior recognition @ tomorrow's fball game
- Evaluation Techniques Exam moved to **Monday, November 6th!**
- Blank SOAP Notes Practice WS available on website for review purposes (optional)
- Attendance is *critical* for the next week's worth of activities...please email me if you have anticipated absences
- **Lecture:** Progress Evaluation
- **Task:** Watch instructions re: tomorrow's activity; partner up



Warm-Up (No notes, no blanks)

1. Outline the steps to performing a *clinical evaluation* (SOAP, HOPS). To help you get started:
 - a. Take a pt hx (subjective information)
 - b. ...
2. For each step of a clinical evaluation, provide two things you would do/ask/assess. Again, to help you out:
 - a. Take a pt hx (subjective information)
 - “What has brought you in today?”
 - ...

Warm-Up **Key**

1. Steps to a *clinical evaluation* (Yes, the order is important and steps can be skipped if the pt is in too much pn/distress):
 - a. Take a pt hx (**subjective**)
 - b. Observe the area (**objective**)
 - c. Palpate the area (subjective/objective)
 - d. Assess their ROM (objective)
 - e. Assess their strength (objective)
 - f. Perform special tests (subjective/objective)
 - g. Come to an **assessment**
 - h. Make a **plan** for tx

Warm-Up Key

2. Two things to do/ask/assess for each step:
 - a. Take a pt hx (subjective)
 - LOTS of questions you could ask
 - Actively listen to the pt
 - b. Observe the area (objective)
 - Look for discoloration, swelling, deformity, etc.
 - Compare bilaterally
 - c. Palpate the area (subjective/objective)
 - Feel the tissues with your fingers for tenderness, deformity, etc.
 - Start with the unaffected side first; start away from and then work towards pnfal area(s)

Warm-Up Key

- d. Assess their ROM (objective)
 - Evaluate their AROM first
 - Measure ROM using a goniometer
- e. Assess their strength (objective)
 - Perform MMT for each ROM the area is capable of performing
 - Give each ROM a strength grade
- f. Perform special tests (subjective/objective)
 - Evaluate the pt's nervous system by using a reflex hammer
 - Perform stress tests for ligamentous/tendinous injuries

Warm-Up Key

g. Come to an assessment

- Based on the information gathered from the evaluation, determine what might be the injury/condition
- If unsure, research and/or question colleagues

h. Make a plan for tx

- Refer pt to Dr. for xrays
- Apply ice for 20'