

*[I solemnly swear that I am up to no good]*



Today, October 31<sup>st</sup>

- **Intro** – Warm-ups and gloves out
- **Advanced** – Warm-ups and textbook out
- **Reminders 'n Stuff**
  - All missing 1<sup>st</sup> Quarter “stuff” due TODAY!
  - CLUB MED tomorrow at 9am in Rm 1406
  - Teacher Offerings tomorrow
  - Binder Check #1 **Monday** now

Happy Halloween!



*[mischief managed]*

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Today, October 31<sup>st</sup>

## Introduction to Sports Medicine

- Warm-Up: 2-Rescuer BLS Review
- Remediated exam responses emailed to me by **11:59pm today!**

## BLS Course

- **Skill:** 2-Rescuer Infant BLS
- **Videos/Notes:** Choking; conclusion
- **Skill:** Unresponsive Infant Choking



*[mischievous managed]*



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Today, October 31<sup>st</sup>

## Advanced Sports Medicine

- **Warm-Up:** Evaluation Techniques Review
- **Work Day!**
  - Finish and submit A Patient History Evaluation and Pill Bottle Patient Activity
  - Prepare for Thursday's/Friday's Evaluation Competency as an evaluator (today) and a patient (on your own time). The textbook will serve as a concise resource for research...



*[mischievous managed]*

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harry potter

# Today, October 31<sup>st</sup>

- **For the ankle & lower leg:**

- ID key bony (bony landmarks) and soft (e.g. lig, tendons, mm, etc.) tissue structures – pgs. 558-563, 565
- ID the ROMs and *practice* how to measure them with a goniometer – pg. 986
- *Practice* how to MMT the ROMs – pg. 982
- ID and know how to perform special tests common to ankle & lower leg injuries – pgs. 566-568
- Familiarize yourself c injuries of the ankle & lower leg (e.g. MOI's, sx/sy, etc.) – pgs. 570-584

sirius black

[mischievous managed]



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# Warm-Up (No notes, no blanks)

## Intro

- Just as we did for 1-Rescuer BLS, create a table outlining the *compressions to breaths ratio, compression depth, compression rate and rescue breathing count* for adult, child and infant 2-Rescuer BLS

## Advanced

- List five guidelines to following when performing a clinical eval
- List 3 sx & 3 sy; what's the difference between a sx vs a sy?
- What strength grade would you give a pt if they could move through a full ROM against gravity only?
- How does a clinical eval differ from a progress eval?



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# Warm-Up Key

## Intro

	Ratio	Depth	Rate	Resp.
Adult	30:2	At Least 2"	100-120	Every 6 sec
Child	15:2	2"	100-120	Every 2-3
Infant	15:2	1½"	100-120	Every 2-3

## Advanced

- Guidelines: **Actively listen**, always use pen, document q thing, compare **ⓑ**, position pt./self properly, be systematic
- **SX**: Fever, ecchymosis, blisters; **sy**: Nausea, headache, tinnitus; **sx's** can be proven, **sy's** cannot
- Strength grade: **3 out of 5**
- The clinical eval is very thorough (performed once); progress evals are less detailed and performed throughout a rehab plan



*[mischievous managed]*