

Today, November 17th



- **All** – Laptops out; complete Employability Skills Reflection #10 **BUT DO NOT SUBMIT IT UNTIL INSTRUCTED**



- **Intro** – Chapter 6 Worksheet out (turn in if done); coloring sheet out, if applicable



Advanced – Pick-up notes; warm-ups out

- **Reminders n' Stuff:**
 - 7 period schedule Tuesday



Today, November 17th



Introduction to Sports Medicine

- Review BLS Written Exam
- **Assignment:** Chapter 6 – Environmental Considerations Worksheet (**due Tuesday**)
- **Activity:** Integumentary System Coloring Sheet
- **Assignment:** Chapter 6 – The Integumentary System & Body Membranes Worksheet (due date TBD)



Advanced Sports Medicine

- **Warm-Up:** Therapeutic Modalities
- **Lecture:** Finish Thermal Modalities Introduction; begin Cryotherapy



Warm-Up (No notes, no blanks)

1. List and describe the four types/categories of therapeutic modalities.
2. What is the purpose of therapeutic modality use? That is, what are we trying to do by using therapeutic modalities?
3. Why is it important for clinicians to use effective communication and interpersonal skills with pts when using therapeutic modalities?
4. Define *indications* and *contraindications*. How do these terms apply to therapeutic modalities?
5. What does “evidence-based practice” mean and/or imply in regard to therapeutic modalities?

Warm-Up Key

1. Thermal – transfer of energy (heat) to/from the body
Electrical – application of electricity to body tissues
US – use of sound waves for thermal/mechanical effects
Mechanical – use of movement/manipulation of tissues
2. To put the injury in the best environment for healing;
modalities DO NOT speed up the healing process
3. Pts can be apprehensive about modality use when they do not know what it's going to feel like and/or do; explaining or demonstrating builds trust and rapport with the pt
4. *Indications* are situations in which it would be appropriate to use a particular modality (e.g. ice on an acute injury).
Contraindications would be just the opposite; harmful.
5. Decisions made based on research outcomes; use of modalities should be supported by research results and not just anecdotal experience