



# Today, November 30<sup>th</sup>

- **Intro** – Notes and utensils out  
Laptops & headphones too, 7<sup>th</sup>
- **Advanced** – Warm-ups out
- **Reminders n' Stuff:**
  - Teacher Offerings next Weds...I'll take people to the stadium for AED pics!
  - CLUB MED is electing our HOSA State Officer Candidates next Weds.; dues paying members *only* may vote
  - Bring laptop/tablet for Employability Skills Reflection #11 tomorrow



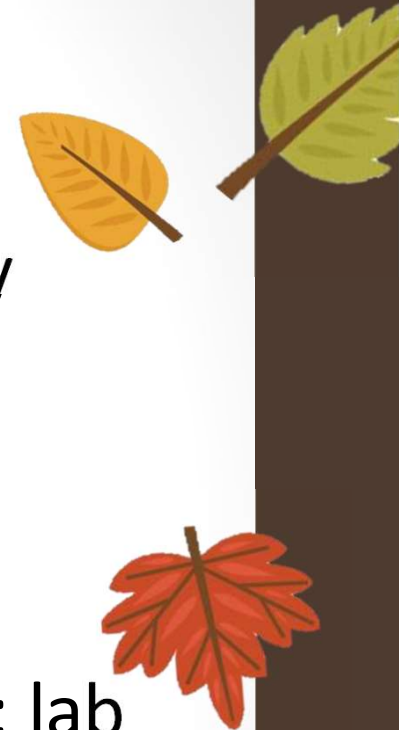
# Today, November 30<sup>th</sup>

## Introduction to Sports Medicine

- ATR/Stadium AED visit after school today
- **Lecture:** Finish Integumentary System Anatomy

## Advanced Sports Medicine

- **Warm-Up:** Review
- Thermal Modalities Exam **next Thursday**; lab on Tuesday instead
- Discuss Evaluation Techniques Competency mastery expectations
- **Lecture:** Finish Thermotherapy Introduction



# Warm-Up (No notes; no blanks)

1. What cold modality(ies) would be appropriate for an acute hamstring strain (1-3 days post-injury)?
2. How would you set-up a pt up for a CWP tx? What steps would you take to set-up the modality, position the pt, ensure therapeutic benefits are achieved, maintain pt safety, etc.
3. How would the tx time and modality type change between a wrist injury (sprain) versus a cervical spine injury (strain)? Explain.
4. Based on what we've learned, why do the effects of cryotherapy penetrate deeper and last longer than thermotherapy?

# Warm-Up Key

1. Appropriate for an acute hamstring strain? Ice bag, CWP, continuous cold unit (thigh sleeve)
2. Fill WP to desired level c cold water (most cover lower turbine), make sure area around WP is dry/non-slip, help pt into WP as needed, instruct pt not to turn the turbine on/off while in water, provide a towel & toe cozy, incorporate ROM if a goal...
3. Wrist injury versus cervical spine injury? Can't use WP/bathes for neck, tissues are more super. in wrist so tx time and intensity ↓ for wrist, potentially thicker fat layer at neck...
4. Cryotherapy deeper penetrating & longer lasting? ↑ temp. gradient