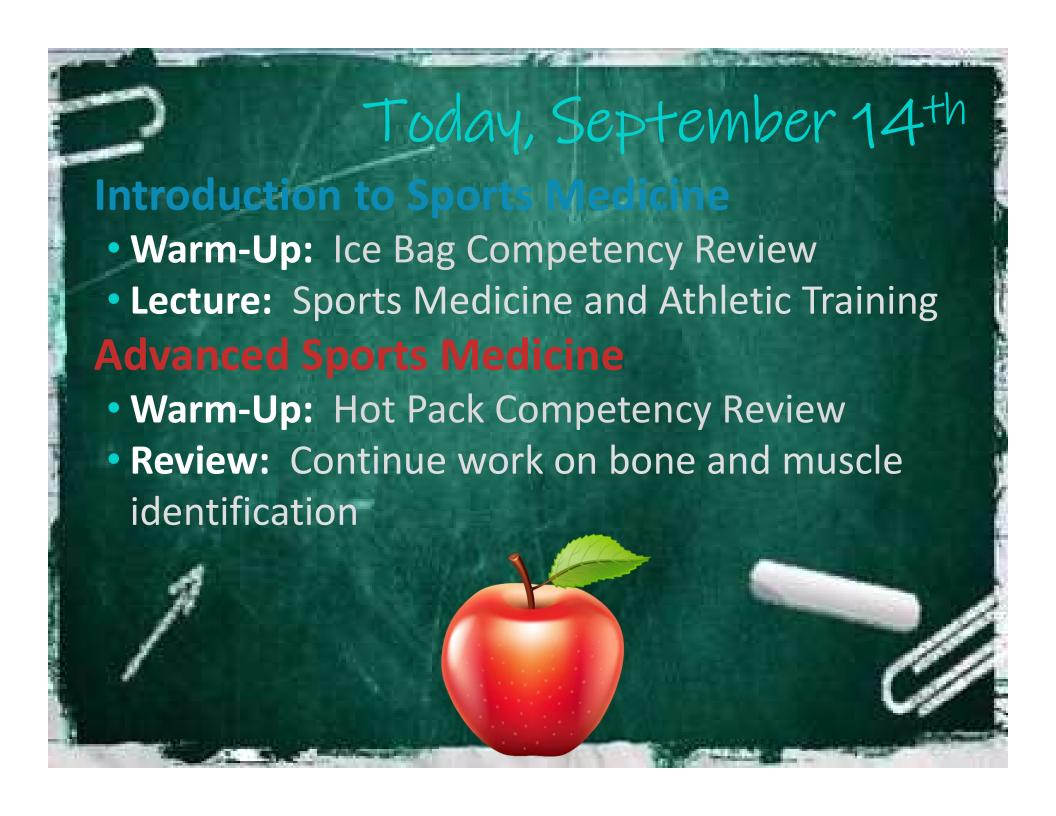


- Stow cell phone/watch, bags up, etc.
- All Pick-up signed competencies; warmups and something to write with out
- Advanced Bone/muscle practice sheet out
- Reminders n' Stuff:
 - Syllabus Signature Page due tomorrow 10pts
 - Bring a laptop/tablet for tomorrow's Employability Skills Reflection #1
 - Spartan Gear and/or Safari wear tomorrow



Warm-Up (No notes, no blanks)

- 1. Name two situations in which it would be appropriate to use ice/heat on a patient? What is the term for such situations?
- 2. Describe at least 3 things to keep in mind when making and applying an ice bag/hot pack to an athlete?
- 3. What should be done with the ice bag/hot pack following a treatment in the ATR? Intro: At practice?
- 4. What might be some things to tell the athlete regarding the treatment?

Warm-Up Answer Key - Intro

- 1. Appropriate to use ice? Term? Indications: Acute injury/inflammation, pn, superficial, first-degree burns, postsurgical pn and edema, used in conjunction w/rehab exercises, muscle spasm
- 2. Things to keep in mind? Why are you applying it, contraindications, size of body part, etc.
- 3. After a treatment in the ATR? at practice? ATR—Remove plastic, dump ice in whirlpool, throw plastic/bag in garbage; Practice—Remove plastic, dump ice on ground where it won't be walked through, throw plastic/bag in garbage
- 4. What to tell the patient? How long to keep it on what they might experience, why it's appropriate they may leave the ATR after applied...

Warm-Up Answer Key - Advanced

- 1. Appropriate to use heat? Term? Indications: Subacute/chronic inflammation, subacute/chronic pn, muscle spasm, decreased ROM, hematoma resolution, joint contractures
- 2. Things to keep in mind? Why are you applying it, contraindications, size of body part, pack size, etc.
- 3. After a treatment? Remove pack from pt, put pack back in hydrocollator, hang terry cloth cover wet side out, put towel in laundry bin
- 4. What to tell the patient? How long the treatment will be, to let you know if it's getting too hot, what they might experience, they should be comfortable and able to relax...