

Today, September 14<sup>th</sup>

- Stow cell phone/watch, bags up, etc.
- **All** – Pick-up signed competencies; warm-ups 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

Today, September 14<sup>th</sup>

## Introduction to Sports Medicine

- **Warm-Up:** Ice Bag Competency Review
- **Lecture:** Sports Medicine and Athletic Training

## Advanced Sports Medicine

- **Warm-Up:** Hot Pack Competency Review
- **Review:** Continue work on bone and muscle identification



# 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...