

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Intro to Sports Medicine

Block: \_\_\_\_\_

Unit 6 Notes	Injuries to Muscle, Bone & Joints
<b>Questions/Main Ideas</b>  1. What are some things a coach can do to prevent an injury to an athlete?  2. What are signals of serious muscle, bone or joint injuries?  3. What is a fracture, with an open wound?  4. What is a dislocation?  5. What is a sprain?  6. What is a strain?  7. What does the acronym R.I.C.E mean?  8. Why would you choose to splint an athlete?	<b>Notetaking Column</b>  Prevention includes proper equipment, appropriate playing surfaces  Obvious deformity, swelling, abnormal coloring  Open fracture is when the bone is penetrating through the skin  A dislocation is when the bone is forced out of it's normal position  Is an injury to ligaments in a joint. Usually because they are overstretched.  A strain is the overstretching or minimal tearing of the muscle  R-Rest I-Immobilization C- Cold E- Elevation  To keep the injury immobilized to avoid further injury to the joint

<p>9. What conditions in athletics would you suspect an athlete injury that is related to head, neck &amp; back injury?</p> <p>10. What are signals of a head, neck and back injury?</p> <p>11. How do you care for general injuries to head, neck and back?</p>	<p>Head to head contact, severe impact or blunt force, unconsciousness, abnormal fall</p> <ul style="list-style-type: none"> <li>• Changes in the level of consciousness.</li> <li>• Severe pain.</li> <li>• Tingling or loss of sensation.</li> <li>• Partial or complete loss of movement.</li> <li>• Unusual bumps or depressions.</li> <li>• Sudden loss of memory.</li> <li>• Blood or other fluids in the ears or nose.</li> <li>• Profuse external bleeding.</li> <li>• Seizures.</li> <li>• Impaired breathing or impaired vision.</li> <li>• Nausea or vomiting.</li> <li>• Persistent headache.</li> <li>• Loss of balance.</li> <li>• Bruising of the head, especially around the eyes or behind the ears.</li> </ul> <ul style="list-style-type: none"> <li>• Leave them in the position you find them until EMS arrives</li> </ul>
<p><b>Summary</b></p>	<p><b>Use this space to write a two or three sentence summary of what you just read.</b></p>