Name:	Date:	
Intro to Sports Medicine	Block 4A	
Unit 6 Notes	Injuries to Muscle, Bone & Joints	
Questions/Main Ideas	Notetaking Column	
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?	
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7.	What does the acronym	
	R.I.C.E mean?	
8.	Why would you choose to	
	splint an athlete?	
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9.	What conditions in athletics	
	would you suspect an	
	athlete injury that is related	
	to head, neck & back injury?	

10. What are signals of a head, neck and back injury?	
11. How do you care for general injuries to head, neck and back?	
Summary	Use this space to write a two or three sentence summary of what you just read.