

Name: _____

Date: _____

Intro to Sports Medicine

Block 4A

Unit 6 Notes	Injuries to Soft Tissue
Questions/Main Ideas	Notetaking Column
1. What are the two types of wounds? Provide an example for each.	
2. What is a bruise?	
3. What is a scrape?	
4. What is a cut? What does a cut damage?	

<p>5. Describe in detail what an avulsion is.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>6. What is a puncture wound? What is the protocol when you have an embedded object in you?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>7. What is external bleeding? How do you control it?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>8. What is internal bleeding?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>9. When a person is burned, what symptoms/characteristics should you look for to help aid in your decision to provide immediate medical attention?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

10. Can a burn be life threatening?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
11. What is a superficial burn and the characteristics of it?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
12. What is a deep burn and its characteristics?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
13. What is a deep burn and it's characteristics?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
14. What is the protocol for first aid on a burn?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

<p>15. What type of burn should you avoid cooling the burn?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>16. In the event of a burn victim, what should you do?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>17. In the event of a burn victim, what shouldn't you do?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Summary</p>	<p>Use this space to write a two or three sentence summary of what you just read.</p>