**Athletic First Aid: Chapter 4: Understanding Athletic Injuries**

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ / 68 Marks**

1. **Injuries are classified in three ways. (3 marks)**
2. Acute – are injuries that result from sudden trauma
3. Chronic –are injuries that develop or last over a period of time –overuse
4. Recurrent –these injuries heal but as a result leave body structures weakened thus susceptible to recurring
5. **List 3 factors that can affect an injury. (3 marks)**
6. Direction of a blow
7. Type of force
8. Protective equipment
9. **List and describe 3 mechanisms of injury. (6 marks)**
10. Direct blow –strong force on a specific body part can cause injuries such as concussions, contusions, internal bleeding, fractures or joint injuries.
11. Torsion –twisting a body part that is not meant to twist can cause injuries such as sprains, joint injuries or broken bones.
12. Shearing – friction or rubbing of two surfaces can cause skin and other tissue injuries.
13. **True or False. Initial care of an injury has no impact on recovery time. (1 mark)**

1. **The inflammatory phase following an injury can last** 3 to 5 days. **The body goes** **through this phase** to protect the injured area **and** get rid of damaged tissue.

**(3 marks)**

1. **5 characteristics of SHARP (5 marks)**

Swelling
Heat
Altered Function
Redness
Pain

1. **True or False. The repair and regeneration phase only last a few days after an injury. (1 mark)**

False. Can last several weeks depending on severity.

1. **The most important thing that occurs during the remodelling phase is….**

**(1 mark)**

That the newly formed scar tissue needs time to gain strength.

1. **True or False. During the injury cycle if the athlete returns to play too soon during the repair and regeneration phase, the injury may return to the tissue damage part of the cycle**. **(1 mark)**

True

**RICE**

**10.If EMS is not available what should you do (2 marks)**

Use a splint for immobilization and transport athlete to hospital.

1. **True or False. Athlete can facilitate tissue repair by restricting activity of the injured body part**. **(1 mark)**

TRUE

**12.Four things ice or cold application can do for an injury. (4 marks)**

1. Reduce swelling
2. Reduce pain
3. Minimize bleeding
4. Decrease muscle spasms

**13.How long in an hour should ice be applied to an injury. (1 mark)**

30 to 40 minutes

**14. What parts of the body should only have 10 minute of ice application at a time. (5 marks)**

Face, neck, groin, hands, and the outer side of the knee.

**15. 7 examples of forms of cold application. (7 marks)**

1. Frozen Water
2. Frozen Vegetables
3. Reusable Gel Cold Packs
4. Ice Cups
5. Instant Cold Packs
6. Spray Coolants or Cold Rubs
7. Cold Water Immersion

**16.In what instances should you be careful when using ice on an athlete. (6 marks)**

When the athlete has Diabetes or on vital organs or the heart, eyes, spine or areas of altered sensation.

**17. When should you avoid the use of ice. (3 marks)**

Arthritis, Lupus, Raynauds Disease or allergies to cold.
**18.Why is Compression thought to be the most important treatment in the management to the musculoskeletal system. (1 mark)**

Can be very effective in minimizing swelling.

**19.Following the inflammatory phase heat can be applied to increase the blood flow to the injured area and to help facilitate the cleaning up and healing of the injured area.**
**(1 mark)**

20.**When would an athlete use ice during the rehabilitation phase. (2 marks)**

After exercise or for pain management.

**Chapter 5: Game Time**

**21.Why is it important to watch practice or game situations as an athletic trainer.**
**(1 mark)**

Can give you clues to the cause and severity of any injuries.

**22.When performing the secondary assessment follow the HIT pneumonic. (10 marks)**
**History – Determine**
-location of injury
-mechanism of injury
-symptoms of injury

**Inspection**
-look at injured site for signs of injury
-check function of injured limbs and joints

**Touch –Feel injured area to check for –**
-point of maximum tenderness
-deformity
-instability
-swelling
-temperature difference