Sports Medicine II

Unit One: Tissue Response to Injury

Study Guide

**Definitions**

1. Osteoblasts

2. Osteoclasts

3. Stem Cells

4. Wolff’s Law

5. Pain

6. Referred Pain

7. Endorphins

8. Modality

9. Atrophy

10. Secondary Injury

11. Gait

12. Gait Cycle

13. Cadence

14. Velocity

15. Stride Length

Know the phases of healing

Time lines

Characteristics

Influences

What slows it down?

Know the differences between bone and soft tissue healing

Know about pain

What influences pain perception

Pain control theories

What is the importance of a pain scale?

Influences for soft tissue wound healing

Influences for bone injury healing

Phases of gait:

Importance of gait:

Stride length

Cadence

Velocity

Understand the importance of Injury Prevention

Sports Injuries

Injury Prevention:

Physical Conditioning Appropriate Training Methods

Rest & Recovery Appropriate Equipment

Psychological Effects Extreme Weather Conditions

Methods of Injury Prevention:

Know the meaning of psychology:

What are the phases of grief following injury IN ORDER? Be able to match with examples.

Know the steps to follow prior to Return-To-Play:

Understand & list criteria to move through each phase. Be able to match with examples: