

ATH 380 3 Credit Hours
Clinical Evaluation of Athletic Injuries & Pharmacology

INSTRUCTOR

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TEXT

S. Hoppenfeld, *Physical Examination of the Spine and Extremities*. Appleton & Lange, Norwalk, CT, 2000 (needed for HPE 424)

J. Booher & G. Thibodeau, *Athletic Injury Assessment*. Mosby, Baltimore, MD, 2002

C.D. Ciccone, *Pharmacology in Rehabilitation*. F.A. Davis, 3rd Edition, 2001

D. Arnheim & W. Prentice, *Athletic Training*, McGraw-Hill, St. Louis, MO, 2002 (from previous class)

COURSE DESCRIPTION

Triage, transport, and referral are discussed relative to injury severity and multiple injuries involving one or more persons. Emphasis is placed on recognizing life threatening injuries. Detailed physical examination of the spine and extremities will be reviewed and performed. In addition, the effects of medications and drug interactions of substances commonly dispensed by athletic trainers are examined.

GENERAL OBJECTIVES

The more common types of athletic injuries occurring to various structures will be outlined. Classroom discussion will encompass evaluation procedures. It is suggested that the athletic training student approach his/her study of each injury discussed in the class from the following view points: 1) Prevention, 2) etiology and mechanism of injury, 3) pathology, 4) recognition and evaluation techniques, and 6) protocols. Material presented will include lecture, slides, overheads, and class discussion. As signs and symptoms for each anatomical area are discussed, hands-on examinations will be performed. Commonly dispensed drugs (esp. over-the counter medications), drugs for common disabilities (i.e., diabetes), and performance enhancing drugs will be identified and discussed

Week - 1 Evaluation of head injury; neurological exam and identifying levels of consciousness. Primary and secondary survey, assessment protocol. Neck injury Assessment; level of paralysis, and review of back board and movement procedures

Week - 2 Heart attack; primary and secondary survey, signs and symptoms, review of CPR protocol

Week - 3 Heat exhaustion and heat stroke; signs and symptoms, differential evaluation, emergency procedures

Week - 4 Abdominal injury; ruptured spleen, differential evaluation. Emergency procedures

Week - 5 Elevated temperature with fever, with or without known infection

Week - 6 High blood pressure, congestive heart failure, and pulmonary edema, asthma

Week - 7 Review of assessment and triage of life threatening injuries. Written simulation . Sample written simulation exams. Exam

Week - 8 Identify common risk factors and causes of athletic injuries in various sports as exemplified by contemporary epidemiological studies and athletic injury/illness surveillance systems. Common injuries to each major body part as indicated by contemporary epidemiological studies of injuries in various competitive sports.

Week - 9 Characteristic pathology of all common closed soft tissue injuries (sprains, strains, contusions, dislocations, etc.), open wounds (abrasions, lacerations, incisions, punctures, etc.), and fractures.

Week -10 Commonly accepted techniques and procedures for clinical evaluation of common athletic injuries/illness including: a) history, b) inspection, c) palpation, d) functional testing (range of motion testing, ligamentous/capsular stress testing, manual testing, sensory and motor neurological testing, etc.), and e) special evaluation techniques. Review and exam

Week -11 Principles of pharmacology, absorption, elimination, receptors

Week -12 Drugs affecting skeletal muscles. Arthritic drugs. Drugs for pain and inflammation, nonsteroidal anti-inflammatory drugs

Week -13 Common cardiovascular and anti-hypertensive drugs

Week -14 Adrenocorticosteroids, anabolic steroids, performance enhancing drugs

Week -15 Antibacterial and antiviral drugs

Week -16 Antifungal and antiparasitic drugs. Review for final

EVALUATION

exam # 1	33 %
exam # 2	33 %
exam # 3	33 %

GRADING

90 - 100 %	A
80 - 89 %	B
70 - 79 %	C
60 - 69 %	D
59 % & Below	F