





2 Making the Grade

 Complete the following table on strains and sprains.

| Symptoms | Sprain or strain? | 1st, 2nd, or 3rd degree? | Surgery required? |
|---|-------------------|--------------------------|-------------------|
| Several muscle fibres have been torn. There is decreased range of motion and moderate loss of function. | | | |
| Ligament is torn. There is no pain during isometric and passive movements. | | | |
| A few muscle fibres have been stretched or torn. There is minor weakness and swelling. | | | |
| Ligament is moderately stretched. There is decreased range of motion and a moderate loss of function. | | | |

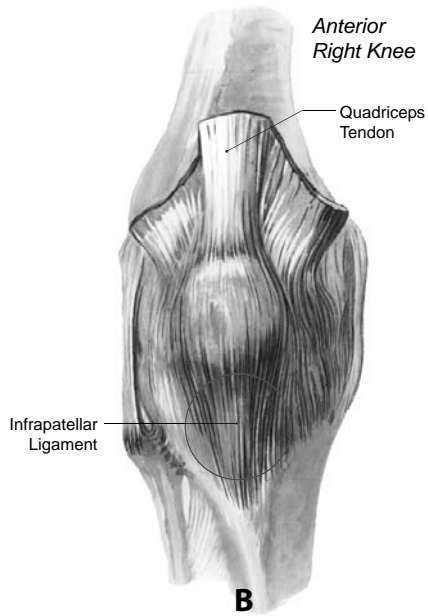
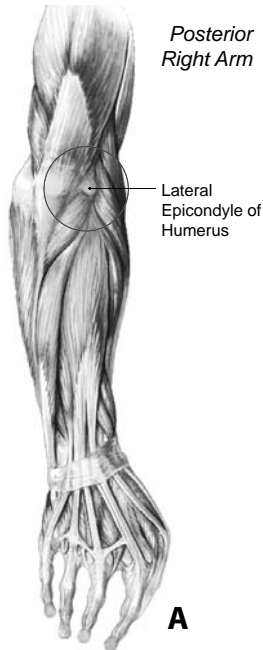
3 Identify the Injury

 For the diagrams on the next page, indicate what injury is being illustrated based on the site of the injury. Then give another name that is used to describe the same injury.

A. _____

B. _____

C. _____



4 Mechanism Match

Match each sport injury listed below on the left with the mechanism of injury that best describes it on the right.

| Sport Injury | Answer | Mechanism of Injury |
|-----------------------|--------|--|
| Shoulder separation | _____ | A) Repetitive pitching motion |
| Concussion | _____ | B) Sudden cutting movements |
| Medial epicondylitis | _____ | C) Fall on an outstretched arm |
| Lateral epicondylitis | _____ | D) Being hit from behind headfirst into the boards |
| Shoulder impingement | _____ | E) Improper backhand form in tennis |
| ACL tear | _____ | F) Repetitive overhead activities |
| Contusion | _____ | G) Knee-on-thigh contact |

