Unit 4 Athletic Injuries

Task 1 General vocabulary
Can you think of any injuries that have happened to you during your sports career? Can you describe the procedures that you underwent?

Task 2 Sports injuries - Vocabulary
Study the list of injuries below. Do you know their Czech equivalents? Which of the injuries have you suffered? Which are most serious? Can you estimate the time needed for recovery after some of the injuries?

Achilles Tendinitis
: The Achilles tendon attaches the muscles of the lower leg (gastrocnemius and soleus) to the heel. Achilles tendinitis is inflammation of this tendon generally caused by overuse or a direct blow.

Cruciate Ligament Injury
: The anterior cruciate ligament (ACL) and the posterior cruciate ligament (PCL) attach the thighbone (femur) to the shinbones (fibula and tibia) acting to stabilize the knee joint. The ACL and PCL can be injured primarily by rotational forces on the knee. ACL and PCL sprains are categorized as first, second, and third-degree.

Concussion
: A concussion is caused by a direct blow to the head. Depending upon the severity of the concussion, injury can cause varying levels of impairment of brain function. Concussions are categorized as mild (grade 1), moderate (grade 2), or severe (grade 3) depending upon symptoms.

Contusion
: A contusion is basically a deep bruise that is caused by direct impact. In football we generally hear about quadriceps (thigh) contusions.

Dislocation
: A dislocation occurs when the ball of a joint is forced out of its socket (i.e. arm forced out of the shoulder joint). A dislocation must be reset by proper medical professionals.

Fracture
: A fracture is a break, crack, or shattering of a bone. In closed fractures, the broken bone does not pierce the skin, while in open fractures, the broken bone breaks the skin's surface.

High Ankle Sprain
: A high ankle sprain involves stretching or tearing of the large ligament (sydesmotic ligament) that joins together the two bones of the lower leg (fibula and tibia).

Meniscus Injuries
: The medial and lateral menisci are the cartilage shock absorbers located inside the knee joint. These can be damaged by excessive twisting, turning, or compression at the knee joint, which produces tears. Due to the poor blood supply, meniscal injuries generally require surgery for repair.

Sprain
: This is an injury that involves the stretching, partial tearing, or complete rupture of a ligament. Sprains are categorized as first, second, or third degree. In football, the most common sprain is to the hamstrings.

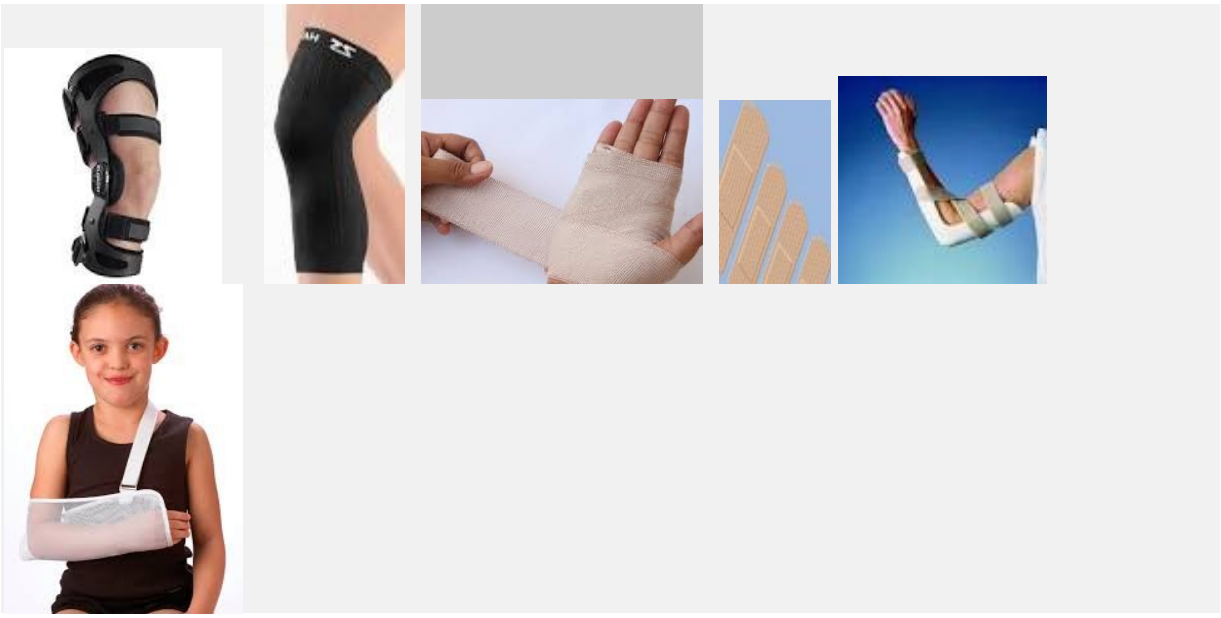
Stinger
: A stinger, also called a burner or nerve pinch injury, is a very common injury in football. This injury involves a stretch or compression of the brachial plexus (a complex system of nerves that involve the back, neck, shoulders, and arms). Stingers generally cause shooting pain down the arm(s).

Strain

Strains are injuries that involve the stretching, partial tearing, or complete tearing of a tendon. Strains are categorized as first, second, or third degree.
(http://www.fftoolbox.com/football/football_injury_glossary.cfm)

Task 3 Treatment of injuries
Which of the pictures below shows:

elastic bandage wrap – sling – knee sleeve – arm splint - sticking plaster - knee brace



Source of pictures:

https://www.google.cz/search?q=knee+sleeve+pictures&espv=2&biw=1280&bih=923&tbm=isch&imgil=_JMkwYO8IH56kM%253A%253BpbhB4E7sE1G45M%253Bhttp%25253A%25252F%25252Fwww.hex-pad.com%25252Fknee_wraps_and_sleeves.htm&source=iu&pf=m&fir=_JMkwYO8IH56kM%253A%252CpbhB4E7sE1G45M%252C_&usg=__0C19eEOQUPLhm0abtssTyBXTdf0%3D&ved=0CE4Qyjc&ei=FNlVVdDhGMbwUtmLgcgD#imgrc=_JMkwYO8IH56kM%253A%3BpbhB4E7sE1G45M%3Bhttp%253A%252F%252Fwww.hex-pad.com%252Fimages%252F406Ropenpat.jpg%3Bhttp%253A%252F%252Fwww.hex-pad.com%252Fknee_wraps_and_sleeves.htm%3B1002%3B1336

https://www.google.cz/search?q=sling+pictures&espv=2&biw=1280&bih=923&tbm=isch&imgil=wAqBtV9AkKyPUM%253A%253BEFE1WSeT5R7mhM%253Bhttp%25253A%25252F%25252Fwww.medicalexpo.com%25252Fprod%25252Fcorflex%25252Fmesh-arm-slings-pediatric-74844-456116.html&source=iu&pf=m&fir=wAqBtV9AkKyPUM%253A%252CEFE1WSeT5R7mhM%252C_&usg=__N40bn_goG7zIWqLwrvn7Na_P1ss%3D&dpr=1&ved=0CE4Qyjc&ei=59ZVVeX-IcHxUqbagdAG#imgrc=wAqBtV9AkKyPUM%253A%3BEFE1WSeT5R7mhM%3Bhttp%253A%252F%252Fimg.medicalexpo.com%252Fimages_me%252Fphoto-g%252Fmesh-arm-sling-pediatric-74844-132859.jpg%3Bhttp%253A%252F%252Fwww.medicalexpo.com%252Fprod%252Fcorflex%252Fmesh-arm-slings-pediatric-74844-456116.html%3B1083%3B1500

https://www.google.cz/search?q=elastic+bandage+wrap+pictures&espv=2&biw=1280&bih=923&tbm=isch&tbo=u&source=univ&sa=X&ei=69VVVcqnPIv3Ut_0gYgP&ved=0CDkQsAQ#imgrc=EL7Nkn_f7AdP9M%253A%3BlXQWWM7Q63CnjM%3Bhttp%253A%252F%252Fpad2.whstatic.com%252Fimages%252F9%252F93%252FWrap-a-Wrist-Step-5.jpg%3Bhttp%253A%252F%252Fwww.rtmcuae.com%252Fphysiotherapy.html%3B2544%3B1696

http://www.assistireland.ie/eng/Products_Directory/Orthoses/Elbow_Supports/Elbow_Immobilisers/Preformed_Posterior_Elbow_Splint.html

https://www.google.cz/search?q=knee+brace+pictures&espv=2&biw=1280&bih=923&tbm=isch&imgil=YrNMbkW0Ph1UdM%253A%253BDgV7RYfgaQCaoM%253Bhttp%25253A%25252F%25252Fwww.breg.com%252Fproducts%25252Fknee-bracing%25252Ffunctional-oa%25252Ffusion-oa-knee-brace&source=iu&pf=m&fir=YrNMbkW0Ph1UdM%253A%252CDgV7RYfgaQCaoM%252C_&usg=__wzqzQbSjf_HPch_Xtop902ezjnQ%3D&ved=0CEsQyjc&ei=1NlVVZnYBsftUt-8gMgG#imgrc=YrNMbkW0Ph1UdM%253A%3BDgV7RYfgaQCaoM%3Bhttp%253A%252F%252Fwww.breg.com%252Fsites%252Fdefault%252Ffiles%252Fproduct-gallery%252FFusionMensOAPlus_100.png%3Bhttp%253A%252F%252Fwww.breg.com%252Fproducts%252Fknee-bracing%252Ffunctional-oa%252Ffusion-oa-knee-brace%3B1024%3B1024

https://www.google.cz/search?q=knee+brace+pictures&espv=2&biw=1280&bih=923&tbm=isch&imgil=YrNMbkW0Ph1UdM%253A%253BDgV7RYfgaQCaoM%253Bhttp%25253A%25252F%25252Fwww.breg.com%252Fproducts%25252Fknee-bracing%25252Ffunctional-oa%25252Ffusion-oa-knee-brace&source=iu&pf=m&fir=YrNMbkW0Ph1UdM%253A%252CDgV7RYfgaQCaoM%252C_&usg=__wzqzQbSjf_HPch_Xtop902ezjnQ%3D&ved=0CEsQyjc&ei=1NlVVZnYBsftUt-8gMgG#tbm=isch&q=sticking+plaster+pictures&imgrc=cdTs4pV_Pzk2cM%253A%3BgbMBeux9YMkNfM%3Bhttp%253A%252F%252Fimg.diytrade.com%252Fcdimg%252F1188224%252F13021370%252F0%252F1289463686%252Fsticking_plaster_wound_plaster_band-aid.jpg%3Bhttp%253A%252F%252Fwww.diytrade.com%252Fchina%252Fpd%252F6899003%252Fsticking_plaster_wound_plaster_band_aid.html%3B270%3B220

Complete the text with the words below:
reduction - promoted – malunion – splint - fixation – heal
When the fragments of a broken bone _____ and join together, they unite. Union may be _____, or helped, by reducing the fracture – replacing the fragments in their anatomical position if they are displaced. After _____, excessive movement of the broken bone is prevented by _____ - either external, e.g. a _____ or plaster of Paris cast, or internal, e.g. a plate and screws. A displaced fracture which is not reduced may result in _____ - incomplete or incorrect union.
Adapted from: http://medtalk.up.seesaa.net/image/Bones_.pdf

Task 4 Injuries - Causes and symptoms

Which of the below are the causes and which are the symptoms of sports injuries? Can you think of some other causes and symptoms?

- athletic equipment that malfunctions or is used incorrectly
- pain
- falls
- swelling
- forceful high-speed collisions between players
- instability or obvious dislocation of a joint
- weakness
- wear and tear on areas of the body that are continually subjected to stress

Task 5 True or false?
1. Adults are more likely to suffer sports injuries than children.

2. The most common sports injury is a bruise (contusion). It is caused when blood collects at the site of an injury and discolours the skin.
3. A strain is a partial or complete tear of:
    - muscle (tissue composed of cells that enable the body to move)
    - tendon (strong connective tissue that links muscles to bones)

Adapted from: http://medical-dictionary.thefreedictionary.com/Athletic+injury

Task 6 Listening

http://www.youtube.com/watch?v=JwJHit6j5QU&feature=related

How to prevent youth sports injuries

Discuss the questions 1,2,3,4 and 6 with your partner before you listen – how would you answer?

Then listen to an interview with a sports program director talking about prevention of injuries and note down his answers.

1. What causes the increase in youth injuries?
2. How many kids are hurt annually?
3. What are the 6 tips given to parents to prevent an injury of a child?
4. Which injuries are mentioned?
5. What is the most dangerous sport for girls and why?

Task 7 Taking medical history - useful phrases

These are the categories of questions a PT may ask at an initial session with a patient. Add some more to the group.

1. Family:
- How old are you?
- Are you married?
-

2. Job
- What do you do for living?
- How long have you had the job?
-

3. Home/living situation
- Where do you live?
- Do you live alone?
-

4. Life style/ Recreational activities
- How do you spend your free time?
- Do you take any exercise?
-

5. Allergies, medications
- Do you have any allergies?
- Has your doctor prescribed you any tablets for your condition?
-

6. Illnesses, operations, injuries
- Have you ever been treated for a nervous condition?

- Have you ever been admitted to a hospital?
-

7. Aids, assistive devices
- Do you wear a brace or back support?
- What distance can you walk without difficulties?
-

8. Pain and musculoskeletal symptoms
- Are you in pain?
- Do the joints feel stiff?
-

9. Intensity
- Is it mild, severe, or very severe?
- On a scale of 1 to 10, how much does it hurt?
-

10. Location
- Where is the pain?
- Does it spread down your legs?
-

11. Quality
- Can you describe the pain?
- Is it sharp, dull, constant or intermittent?
-

12. Onset, duration
- What were you doing when it started?
- Does it come and go?
- Have you had similar symptoms before?

13. Alleviating and aggravating factors
- What postures or activities make your symptoms worse?
- Is it relieved by painkillers?
- Does anything special bring it on?
-

14. Effects of pain/ symptoms on daily functions
- Does it stop you from bending or reaching for something?
- Does the pain wake you up?
-

15. Neurological signs/ symptoms
- Do you have any tingling sensation in your hands or feet?
- Do you experience any weakness, numbness, tingling, burning, shooting pain, vertigo or dizziness?
- Are your hands clumsy?
-

16. Continence
- Do you have any difficulty in passing water?
- Can you control your bowel movements? Do you ever wet yourself?
-

17. Breathing
- Do you gasp for air?
- How many stairs can you climb without getting out of breath?
-

18. Cardiovascular signs
- Do you experience hot or cold sensations in your arms or legs?
- Do you experience any swelling in your arms or legs?
-

19. Concluding remarks:
- What do you think is the matter with you?

Adapted from: GOGELOVÁ, Helena. *Angličtina pro fyzioterapeuty*. 1. vyd. Praha: Grada, 2011. 314 s. ;. ISBN 9788024735313.