

## Unit 6 Athletic Injuries

### Discuss in pairs:

1. How would you define a health?
2. How would you define an illness?
3. How do you look after your health and keep fit?
4. What do you do which is bad for your health?
5. Do you have health insurance?
6. Have you ever had any operations?
7. Are you allergic to anything?
8. Are you taking any medications?
9. Are you in good shape?
10. Do you take regular exercise?
11. Do you care about healthy eating?
12. Do you follow a personal fitness programme, do you always stick to your programme?
13. In general, have you kept fit over the last two years?
14. Have you ever donated blood?
15. When did you last visit a doctor? What does a doctor do during a usual check-up?
16. Have you ever had physiotherapy?
17. What do you imagine under the term alternative medicine?

### Task 3 Injuries - Quiz

1. The floor is wet, you might \_\_\_\_\_  
a)  trip   b) slip   c) fall
2. Your room is very messy, you might \_\_\_\_\_ over all those cables.  
a) kick   b) fallen   c) trip
3. I hit my arm hard against the table and now I've got a big \_\_\_\_\_.  
a) bruise   b) break   c) cut
4. He \_\_\_\_\_ the stairs, but he's OK. Don't worry.  
a)  fell off   b) fell out   c) fell down
5. He wasn't careful and \_\_\_\_\_ his hand on the stove.  
a) cut   b) bruised   c) burned

### Task 4 Sports injuries – reading and speaking

*Study the list of injuries below. Do you know their Czech equivalents? Which of the injuries have you suffered? Which are most serious?*

#### 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.

**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.

**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.

**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](http://www.fftoolbox.com/football/football_injury_glossary.cfm))

**Task 5 Match the wounds and injuries to their definitions and most appropriate example.**

Wound or Injury	Definition	Example
A. incision	An injury to the skin that results in the skin being cut or torn open. It can be shallow, only injuring the surface skin, or deep, causing injury to the muscles, tendons, ligaments, blood vessels or nerves. A laceration is generally jagged, since the skin is torn instead of cut.	Receiving a blow to the head in a boxing match.
B. laceration	This is created when a sharp object enters the skin. These wounds are usually small and do not bleed a lot. Although these wounds tend to close over quickly, they still need treatment as infection is a possibility.	A high speed impact to the leg in a skiing accident.
C. Abrasion	A tear or break in the continuity or	Stepping on a nail

	configuration of an organ or body tissue, including those instances when other tissue protrudes through the opening.	
D. Contusion	Common sites include the arms, legs, hips, ribs and skull. They vary in severity. When they are 'closed', the skin remains intact. When they are 'compound', they involve bone penetration of the skin.	A deep wound resulting from a motorcycle rider's leg impacting another object.
E. Puncture wound	A cut in the skin caused by a sharp object such as a knife or broken glass. They are 'neat' and the edges of the skin are usually smooth.	Blunt trauma to the upper part of the abdomen.
F. Fracture	A kind of closed wound, meaning that the skin is not broken. They are caused by blunt force trauma to the skin that results in tissue damage. When the blood vessels under the skin are broken, blood pools under the skin causing a coloured mark.	A wound from a razor blade.
G. Rupture	A type of wound in which the skin is scraped or rubbed off. They are usually superficial wounds, meaning that only the outer layers of skin are affected. A deep one that penetrates to the inner layers of skin can leave a scar. They are most common on the knees and elbows.	A person who falls from a bicycle at speed, and slides some distance.

Adapted from: <http://www.livestrong.com/article/101274-five-types-wounds/>

**Which of the above terms can be covered by the terms *grazed, cut, broken, burst and bruised*?**

### **Task 6 Treatment of injuries**

**Which of the pictures below shows:**

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



### **Task 7 Listening**

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

#### **How to prevent youth sports injuries**

*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?