

## Sports Medicine Final Exam Review

### WORD BANK

Palpation, anterior, posterior, lateral, medial, joint, ligaments, strain, sprain, muscles, laxity, origin, insertion, inversion, eversion, dorsiflexion, proximal, distal, superior, inferior, therapeutic modalities, mechanism of injury, rehabilitation, plantarflexion

1. Where two or more bones joint together is known as a \_\_\_\_\_.
2. Exercises performed following an injury or surgery is known as \_\_\_\_\_.
3. This term means to touch or feel an area. \_\_\_\_\_
4. Most common mechanism of an ankle sprain is this motion, \_\_\_\_\_.
5. Stability in a joint comes mainly from the l\_\_\_\_\_ and m\_\_\_\_\_.
6. An Injury to a ligament=\_\_\_\_\_
7. An injury to muscles or tendons = \_\_\_\_\_
8. Shoulder dislocations are mainly a\_\_\_\_\_ dislocations.
9. The looseness within a joint is known as this l\_\_\_\_\_.
10. The fixed point of a tendon's attachment or the point where the tendon "starts" is the \_\_\_\_\_.
11. The point where the tendon ends and allows for movement is the \_\_\_\_\_.
12. Pointing the toes or planting the foot down is known as this motion; \_\_\_\_\_.
13. The rear or bottom surface is p\_\_\_\_\_
14. Toward the front or top surface is a \_\_\_\_\_
15. The most distant of two or more things is d\_\_\_\_\_
16. Towards the beginning or nearest of two points is p\_\_\_\_\_
17. Outward movement of the foot is \_\_\_\_\_
18. Moist heat packs, ultrasound and massage or examples of T\_\_\_\_\_ M\_\_\_\_\_
19. Above a referenced point = s\_\_\_\_\_
20. Below a referenced point = i\_\_\_\_\_

\*The deltoid is NOT a part of the rotator cuff.\*

### Injury Assessment

H\_\_\_\_\_ =

P\_\_\_\_\_ =

O\_\_\_\_\_ =

Special Tests = test ligaments/other structures

Match: A= active range-of-motion B= passive range-of-motion C= resistive r-of-motion

\_\_\_\_\_ The athletic trainer moved the athlete's ankle through eversion and inversion.

\_\_\_\_\_ The athlete pulled his own toes towards him when he put on his shoes.

\_\_\_\_\_ Applying a force against the athlete's ankle as he pulls his toes towards him.

An Athletic Trainer works under whom? \_\_\_\_\_ this person is ultimately responsible for the athlete.

Define Sports Medicine:

True/False

\_\_\_\_\_ 1. Even in cold weather sports it is important to hydrate/replace fluids.

\_\_\_\_\_ 2. An athlete is more prone to injuries if there is an imbalance in muscle strength and flexibility.

\_\_\_\_\_ 3. The most important aspect of an injury evaluation in terms of determining the cause of the injury is the History.

\_\_\_\_\_ 4. Power lifting is an example of anaerobic activity.

\_\_\_\_\_ 5. Cardiovascular endurance is the ability of the heart, blood vessels and lungs to supply oxygen to the working muscles.

Give an example of which performance test tests for the following fitness components:

Muscular Endurance \_\_\_\_\_

Muscular Power \_\_\_\_\_

Cardio-vascular Endurance \_\_\_\_\_

Muscular Strength \_\_\_\_\_

Target Heart Zone: should be 60-80% of your maximum heart rate

Know Anaerobic activities v. Aerobic Activities

Overload, Progression and Specificity are Principles of training: what does each mean?

What does Frequency, Intensity, time and Type mean towards improving fitness?

(WORD BANK: cardiovascular endurance, speed, agility, balance, flexibility, body composition, power, muscular strength, muscular endurance, coordination)

Health related components of fitness are: C\_\_\_\_\_, E\_\_\_\_\_, B\_\_\_\_\_, C\_\_\_\_\_,  
F\_\_\_\_\_, M\_\_\_\_\_, S\_\_\_\_\_, M\_\_\_\_\_, E\_\_\_\_\_

Skill –related components of fitness are: S\_\_\_\_\_, A\_\_\_\_\_, B\_\_\_\_\_, P\_\_\_\_\_,  
C\_\_\_\_\_.

Ultimate LONG TERM GOAL of a rehab program is to return an athlete to full participation as quickly and safely as possible.

#### Directional Terminology

Adduction

Abduction

Flexion

Extension

External Rotation: Joint rotation away from trunk

Anterior

Posterior

Inferior

Superior

Lateral

Medial

Proximal

Distal

Origin

Insertion

Dorsiflexion

Plantarflexion

Inversion

Eversion