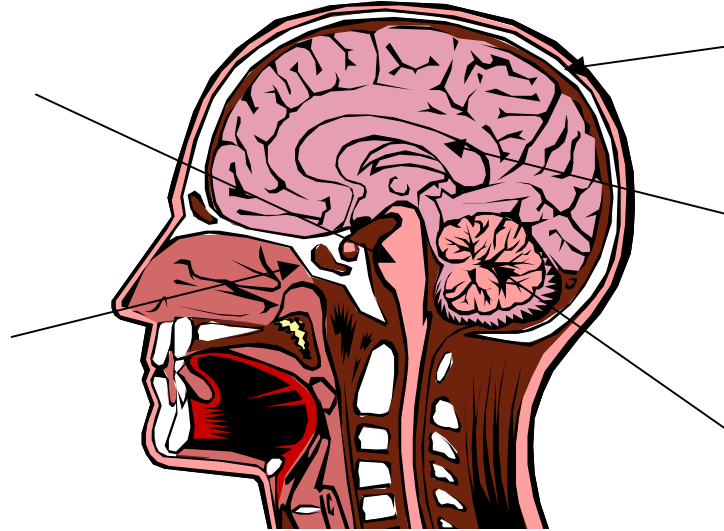


Name: _____

Unit 5 Worksheet -Head & Spine

reviewing the key points

5.1 Head Injuries



If someone suffers a blow to the head, you should consider the possibility of a _____ injury

If someone suffers a blow to the head and blacks out at all, they should _____

Symptoms of concussion include:

- Temporary loss of consciousness
- Disorientation/confusion/memory loss
- Nausea/vomiting
- Ringing in ears
- Eye problems
- Dizziness

What is ICP, and why is it so serious?

What are three key symptoms of a basal skull fracture?

- 1) _____
- 2) _____
- 3) _____

5.2 Concussions

1) What are the three minimum things you must assess for signs of concussion
(HINT: look at the Pocket SCAT test)

- 1) _____
- 2) _____
- 3) _____

2) What are the six steps to return to play?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

3) What is C.T.E. (chronic traumatic encephalopathy) and how does it relate to concussions?

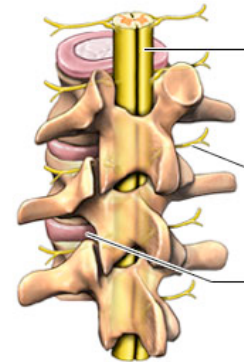
4) What is “risk compensation”?

5) What attitudes should be encouraged in sports to help reduce concussions?

6) What is the SCAT3 test?

5.3 Spinal Injuries

1) Label the spinal column and the spinal cord, then explain the difference between the two:



2) Label the main sections of the spinal column.



4) “C3, C4, C5, keep the _____ alive”

5) If you suspect a possible spinal injury, what are some different ways that you can hold the head still?

6) If a patient is face-down with a possible spinal, you would keep them in the “position found” unless:

5.4 Face Injuries

For a nosebleed, why do you tilt the head forward (instead of back)?

If someone was hit hard enough to break their nose, what should you also check for?

Why don’t you automatically use liquid to help remove an object in the ear canal?

What are three things that could cause a ruptured eardrum?

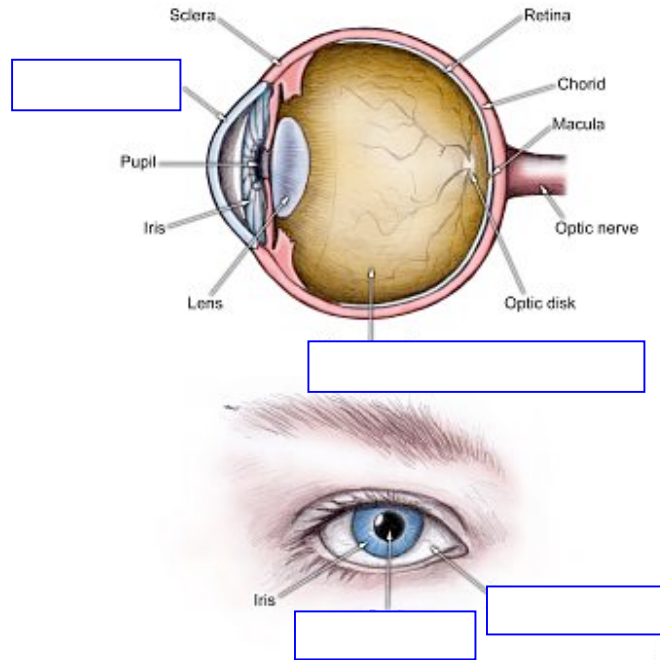
1) _____

2) _____

3) _____

If someone knocks out part of their tooth, what should you do to preserve the tooth until they get to the dentist?

Label the missing parts in the diagram



If someone's eyes are irritated or stinging, they should:

If someone has a penetrating eye injury, what position should they be placed in?

5.5 Epilepsy and Seizures

Where in the body causes a seizure? _____

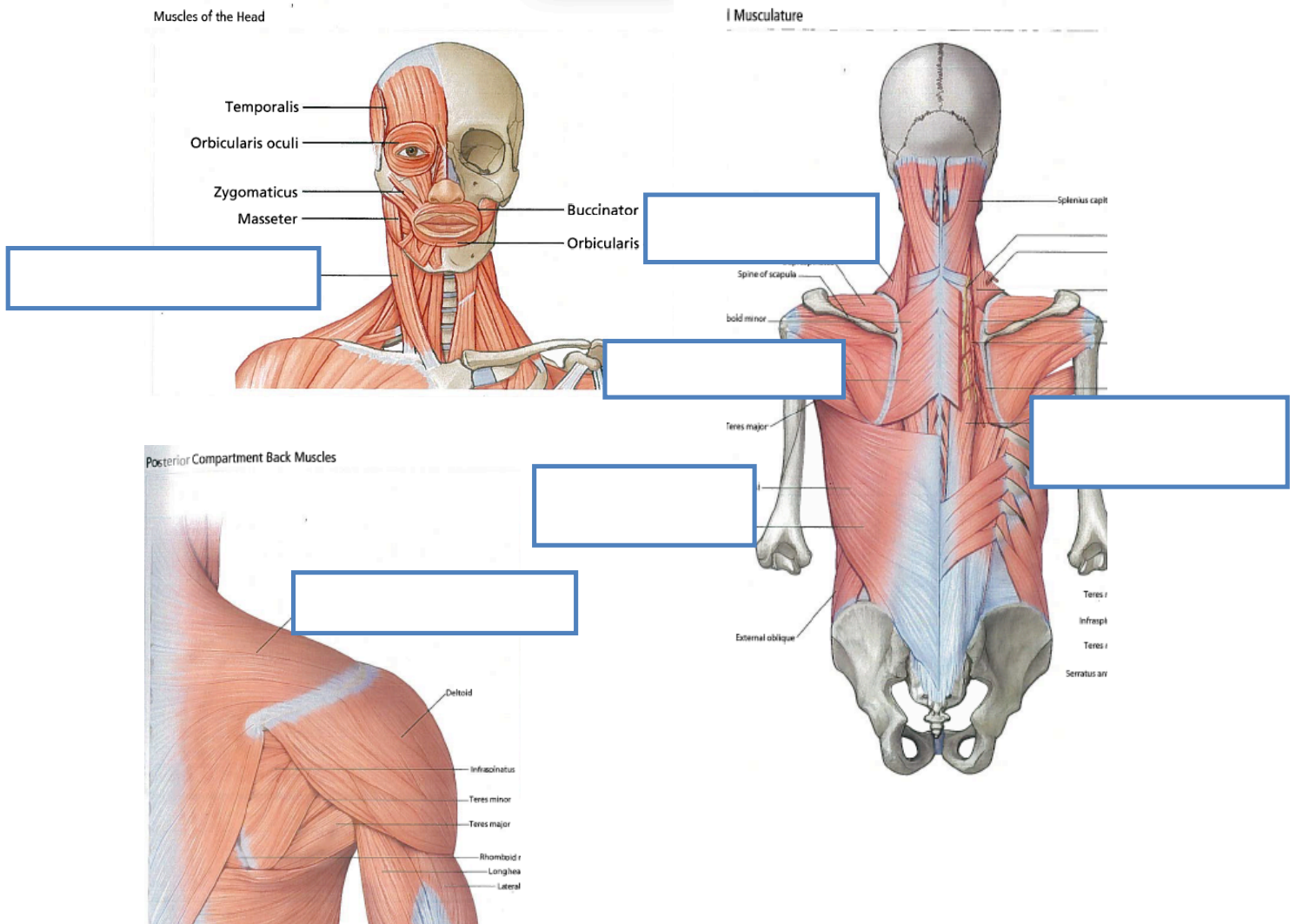
What happens to the body's muscles in a tonic-clonic seizure? _____

What is an "aura"? _____

When someone has a seizure, try to protect the _____ and don't put anything in the patient's _____ or try to _____ them.

In the postictal phase, the patient will still be _____

5.6 Neck & Back Muscles



Matching

- | | |
|-----------------|----------------------------------|
| 1) Whiplash | a) Ligaments in neck |
| 2) Stinger | b) Ligaments in back |
| 3) Back Sprain | c) Nerves in neck |
| 4) Damaged Disc | d) Connections between vertebrae |

What are three different ways that your discs can be damaged?

Why are exercises with “unsupported spinal flexion” contra-indicated?

3) Label each condition:

Description	Diagram
	