**Name: _____**

# Arms & Legs – Unit Review Worksheet

## 6.1 Injury Assessment +Hand

1) If an injury is life or limb threatening, you should immediately _____

2) What is the difference between an *acute* injury and a *chronic* injury?

_____

3) When assessing an injury that does not require 9-1-1, what does HOPE stand for?

H = _____
O = _____
P = _____
E = _____

4) When evaluating the function of an injury (range of motion), describe the two types of movement that you try

1) _____
2) _____

5) You should always stop checking the range of motion if there is _____ or _____

6) What is the difference between a Simple Fracture and a Compound Fracture?

_____

7) What are the three components of a neurological assessment?

P _____

M _____

S _____

8) When a sprain occurs, what is damaged? _____

9) Why are dislocations often re-occurring? _____

**6.2 Injury Management + Wrist**

1) In the first few days after an injury, what are the usual symptoms?
S = _____
H = _____
A = _____
R = _____
P = _____

2) After a sprain, for how long is the risk of re-injury greater than before? _____

3) The treatment for all acute soft-tissue injuries is:
R = _____
I = _____
C = _____
E = _____

4) When wrapping an injury to apply compression, why do you start at the distal side of the injury? _____

5) If the distal circulation checks out, you should apply _____

6) In general, taping procedures include the following steps:
1) *Apply anchors*
2) *Apply tape to restrict range of motion that caused injury*
3) *Apply anchors to secure the tape*

**6.3 Joints + Arms**

1) Joints are made of three different materials:
_____
_____
_____

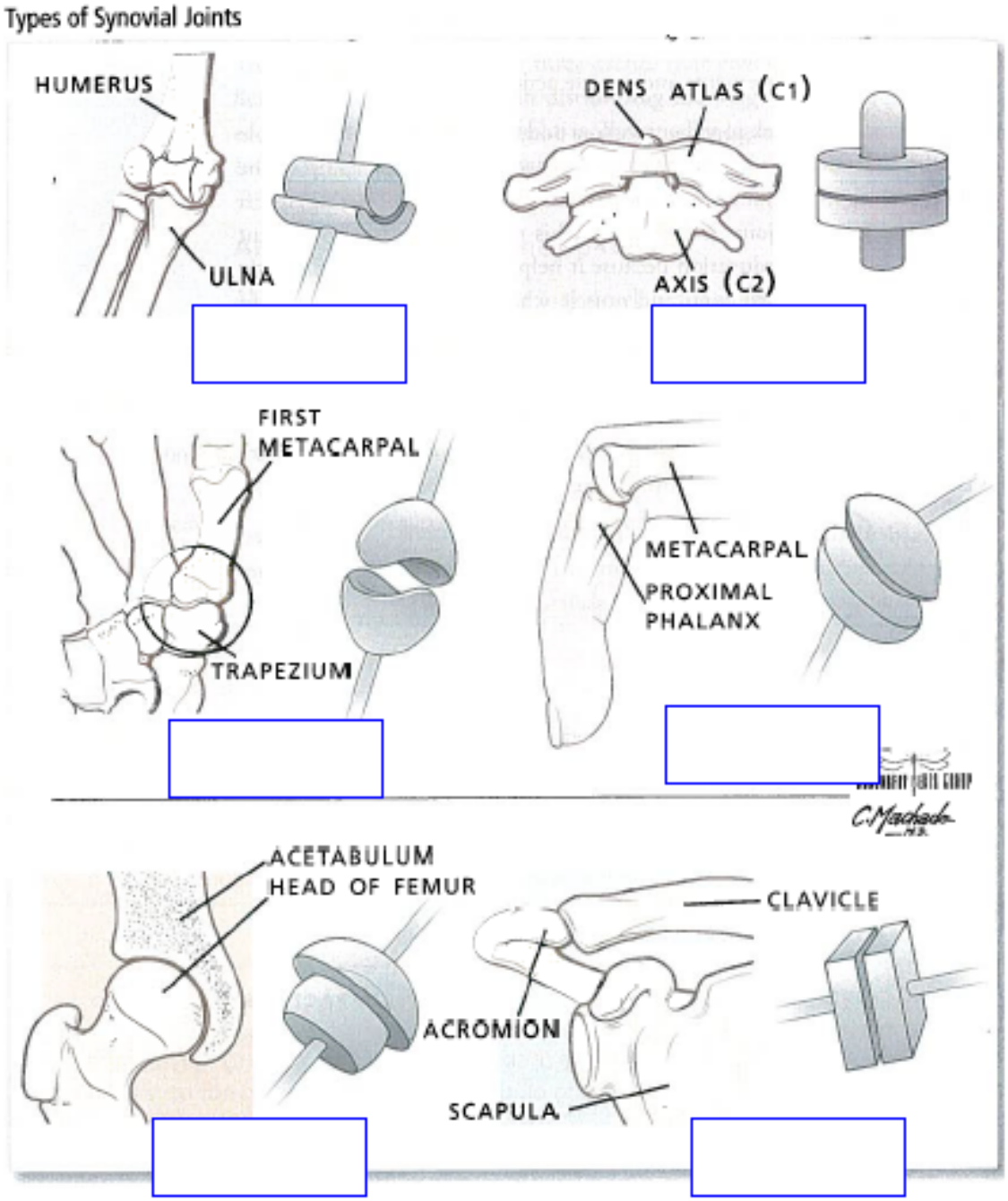
2) The lubrication of a joint is called _____ fluid

3) Matching

| | |
|---|---|
| Bursitis | Stretched or torn ligament |
| Tendonitis | Inflammation of the tendon sheath |
| Sprain | Degenerative disease in the joint |
| Arthritis | Bones are not aligned properly |
| Disclocation | Inflammation in the synovial membrane |

4) How is "tennis elbow" treated? _____

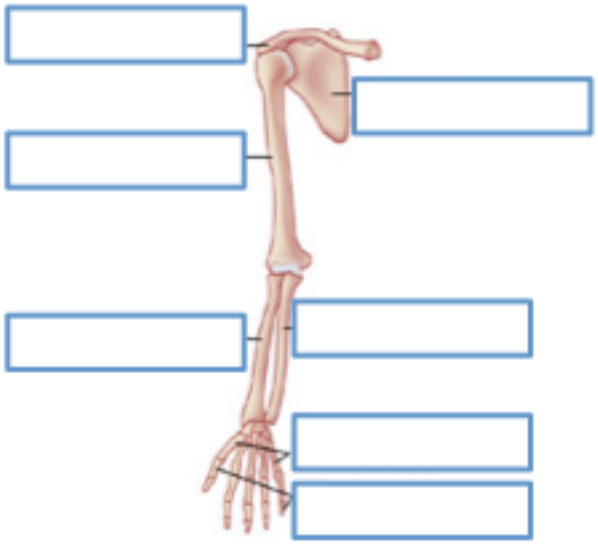
4) Matching



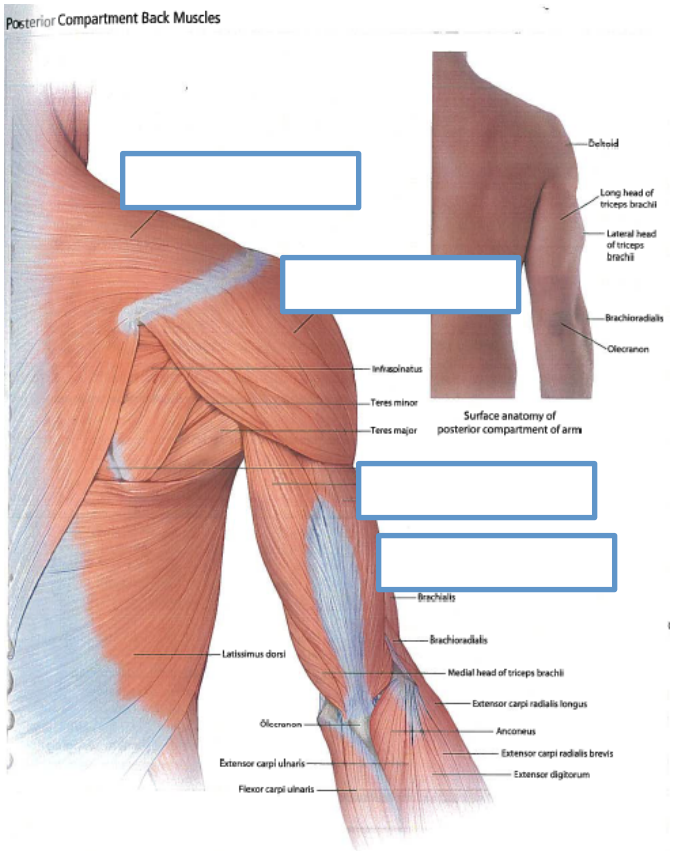

A. Gliding
B. Pivot
C. Saddle
D. Ball and Socket
E. Condyloid
F. Pivot

## 5) Arm Anatomy

**Bones**

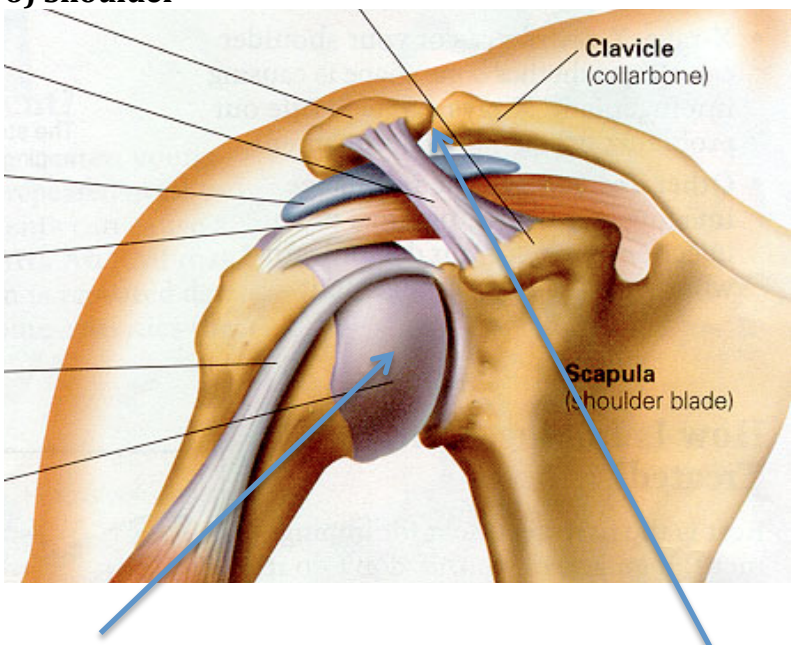


**Muscles**




Trapezius, Deltoid, Tricep, Bicep

**6) Shoulder**



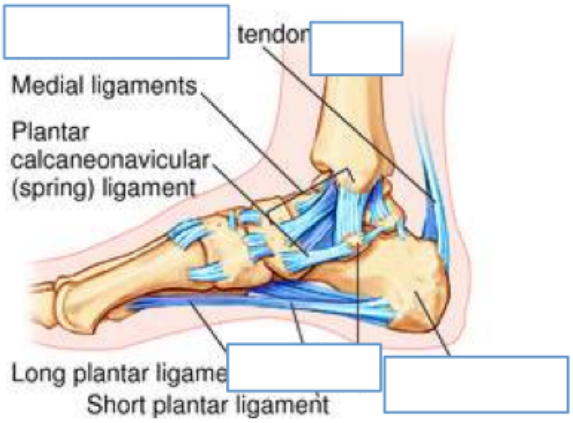

What type of joint? _____ Name of Joint: _____

**6.4 Body Movement Vocabulary + Ankle**

**1) Matching**

| | |
|---|---|
| **Distal** | Towards the sides of the body trunk |
| **Proximal** | Towards the midline of the body trunk |
| **Medial** | Towards the body |
| **Lateral** | Away from the body |
| **Anterior** | The front portion of the human body. |
| **Posterior** | A body part above another body part. |
| **Superior** | A body part below another body part.. |
| **Inferior** | The- back portion of the human body |
| **Flexion** | A decrease in the angle between two bones. |
| **Extension** | Movement towards the midline of the body. |
| **Abduction** | Movement away from the midline of the body. |
| **Adduction** | An increase in the angle between two bones. |
| **Inversion** | Toes point down |
| **Eversion** | Toes move up toward the shin |
| **Dorsiflexion** | Turning in of the soles of the feet |
| **Plantarflexion** | Turning out of the soles so that they |

2) Ankle Parts

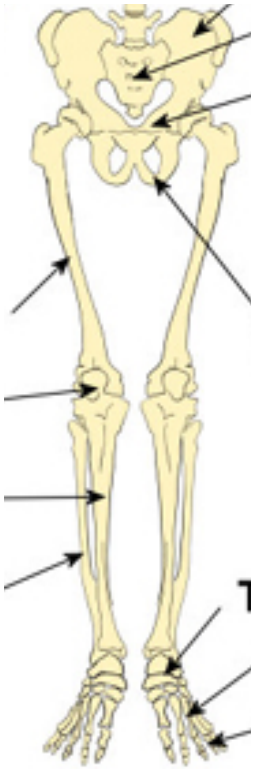



3) The taping method we used for ankles is called the _____ technique.

**6.5 Stretching + Legs**

1) What kind of stretching should you do before training? _____
2) What kind of stretching should you do after training? _____

**Legs**
**Label the bones:**



**Where are the following muscles located?**
Hamstrings
Quadriceps
Gastrocnemius
Gluteus Maximus

**What do the following abbreviations stand for?**

ACL = _____

PCL = _____

MCL = _____

LCL = _____

**Injuries**

Matching

| | |
|---|---|
| 1) Sprain | a) stretching or tearing of ligaments |
| 2) Dislocation | b) bones are out of place |
| 3) Blisters | c) fluid-filled sac on the skin |
| 4) Concussion | d) a complex brain injury due to a blow to the head |
| 5) Bursitis | e) wearing down cartilage in the knee joint |
| 6) Tendonitis | f) damaged tnedons in the elbow |
| 7) Shin Splints | g) damage to the tissue around the shin bone |
| 8) Runner's Knee | h) swelling of the tendon sheaths |
| 9) Tennis Elbow | i) pressure on medial nerve in wrist |
| 10) Carpal Tunnel Syndrome | j) inflammation of fluid-filled sac in joints |

2) Treating repetitive strain injuries like carpal tunnel syndrome, tennis elbow, and runner's knee usually involves three things:

1) _____
2) _____
3) _____