Introduction Part 1

Directions: In this assignments, you will watch the 3 videos I have posted on my website. Fill out the chart for each video. This is an introduction so I am looking for you initial thoughts not a full report. Do not google the injury, I want you to assess it as if you were there as a trainer.

Terms

Mechanisms of Injury: How did it happen? Use vocabulary such as inversion, proximal, etc if you can

Name of Injury: Name it using vocabulary. For example: Grade 2 Sprain vs. Rolled ankle

Initial Treatment: Just list what you saw they did, or what should happen at that moment before doctors intervene

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|  | Mechanisms of Injury | Name of Injury | Initial Treatment |
| Video #1 |  |  |  |
| Video #2 |  |  |  |
| Video #3 |  |  |  |