Injury Project

Torn: ACL, MCL, PCL, Meniscus, Patellar Tendon, Achilles tendon, PCL, Biceps tendon, shoulder labrum, UCL in elbow, UCL in thumb,

 needs following:

* anatomy of area
* function of the ligament or tendon
* common MOI’s (at least 2-3) then identify 1 athlete that has had this injury and specifically how it occurred
* immediate evaluation what would be the OPS of HOPS (with special tests identify the name and explain how to do it)
* What would be immediate treatment if you were in charge and this injury happened on your field (cannot just be RICE make sure you explain how to accomplish each phase)
* surgery recommended? What they do for surgical procedure
* Return to play: how long are they expected to be out until full return to competition
* 2 rehab exercises for early stages of rehab (ROM), middle stages (strengthening), late stages (functional activity- choose a sport they will return to)