**Sports Med 1 Final Review**

**Abdomen and Thorax**

1. The abdomen is divided into how many sections?

The next 4 are matching.

1. Gallbladder Lower left
2. Stomach Upper right
3. Left Ovary(females) Lower right
4. Appendix Upper left

Write “hollow” or “solid” after the following organs named depending on if they are hollow or solid.

1. Bladder \_\_\_\_\_\_\_\_\_\_\_\_
2. Spleen \_\_\_\_\_\_\_\_\_\_\_\_
3. Kidneys \_\_\_\_\_\_\_\_\_\_\_\_
4. Small Intestine \_\_\_\_\_\_\_\_\_\_\_\_
5. Large Intestine \_\_\_\_\_\_\_\_\_\_\_\_
6. Liver \_\_\_\_\_\_\_\_\_\_\_\_
7. Stomach \_\_\_\_\_\_\_\_\_\_\_\_

Write “hollow” or “solid” after the following descriptions.

1. Rarely cause rapid death \_\_\_\_\_\_\_\_\_\_\_\_
2. Aid in body chemistry \_\_\_\_\_\_\_\_\_\_\_\_
3. Can cause rapid death \_\_\_\_\_\_\_\_\_\_\_\_
4. Used to transport from one organ to another \_\_\_\_\_\_\_\_\_\_\_\_

Name the functions of the following 4 organs.

1. Liver:
2. Gallbladder:
3. Spleen:
4. Kidney:
5. What is the Kehrs sign?
6. What is Mcburneys point?

**The Shoulder**

1. What kind of joint is the shoulder?
2. What 3 bones make up the shoulder girdle?
3. What 4 muscles make up the rotator cuff (SITS)?
4. What is the function of the rotator cuff?
5. What is one motion that the rotator cuff is responsible for?
6. What is one other muscle that assists in shoulder movement?
7. What is the name of the joint (not type of joint) that connects the glenoid fossa of the scapula to the head of the humerus?
8. What is the name of the joint (not type of joint) that connects the sternum to the clavicle?
9. What type of sprain can be life threatening?
10. What type of strain happens because of repetitive motions like throwing a ball?
11. What will the upper arm look like when the biceps tendon ruptures?
12. True/False: Clavicles can fracture from falling on an outstretched arm.
13. What is a SLAP lesion?
14. True/False: Excessive abduction and external rotation of the shoulder can lead to a dislocation.
15. True/False: Bad posture can lead to impingement.
16. What are the 3 motions of instability?
17. What is a partial dislocation called?
18. Athletes from what sports are prone to impingement? Name 2.

**Muscle**

1. Name Origin, Insertion, and Action of the Peroneus’ muscles.
2. Origin, Insertion, and Action for the hamstrings.
3. Origin, Insertion, and Action for the quads.
4. Origin, Insertion, and Action for: Erector Spinae, Deltoid, Infraspinatus, Teres Major
5. Origin, Insertion, and Action for the Gluteus muscles
6. Origin, Insertion, and Action for the Vastus muscles
7. Origin, Insertion, and Action for: Tibialis Anterior, Flexor Digitorum Longus, Sartorius, and Illiacus
8. Origin, Insertion, and Action for: Teres Minor, Deltoid, Latissimus Dorsi
9. Origin, Insertion, and Action for: Trapezius, Rhomboid Major, Pectoralis Minor
10. Origin, Insertion, and Action for: Gracilis, Psoas Major, Supraspinatus
11. Origin, Insertion, and Action for: Subscapularis and Biceps Brachii

**Maxillofacial Injuries**

1. What is crepitus?
2. What MOI causes a deviated septum?
3. What fracture causes damage to the eye?
4. True/False: A ruptured globe can cause the eye stuff to spill out
5. Difference between Optometrist and Opthalmologist
6. What is curtain vision and what type of injury can cause it?
7. MOI of a corneal abrasion
8. True/False: a broken jaw usually has discoloration under the tongue
9. List S&S of a dislocated jaw
10. With what sport is Hematoma Auris common in?
11. How do you treat cauliflower ear?
12. Name the two identifying symptoms of a detached retina
13. What is conjunctivitis?
14. What is an identifying symptom of a ruptured globe?
15. True/False: A blowout fracture isn’t a big deal
16. MOI of a blowout fracture
17. MOI of a ruptured globe
18. What is crepitus?
19. What is the treatment for a broken jaw?
20. True/False: a dislocation of the jaw will cause spacing between the teeth

**Neck and Spine**

1. What are the four types of vertebrae? Put them in order from low to high.
2. How many vertebrae are in each section?
3. What is the passageway for the spinal cord?
4. True/False: The nucleus pulposes is the inner part of the vertebrae?
5. True/False: The Annulus Fibrosis are the outer rings of cartilage?
6. Define Kyphosis:
7. Define Lordosis:
8. Define scoliosis:
9. What is the group of nerves that run from the cervical spine down the neck into the arms?
10. What are the S/S for a muscle strain?
11. What is the MOI for a cervical fracture?
12. What are the S/S for a cervical fracture?
13. What are the S/S for a herniated disk?
14. True/false: spondylolysis usually occurs in the lumber?
15. True/false: when a stress fracture is not treated it can turn into spondylolisthesis
16. Neck strain MOI :
17. Low back strain MOI:
18. S/S for neck strain:
19. S/S for lower back strain:
20. AIM for neck strain:
21. What’s the difference between dermatomes and myotomes?

**BONES**

1. True or false: The mandible is also known as the jaw bone?
2. What are the four lobes of your skull?
3. All of these are a part of the skull except:
4. Mandible b)maxilla c)clavicle d)mastoid process
5. True or false: the coccyx is a part of the vertebral column.
6. All of the are vertebrae except:

a)cervical b) temporal c) lumbar d) sacrum

106. Name three curves of the vertebral column.

107. true/false: the spinous process is a vertebral landmark

108. Name three vertebral landmarks.

109. Describe where the xiphoid process is located

110. What are the true ribs compared to the false ribs

111. Name five scapula landmarks

112. Name five landmarks of the humorous

113. What are the three process of the ulna?

114. What are the three landmarks of the radius?

115. Name the 8 bones that make of the carpals.

116. name three landmarks of the pelvic girdle.

117. Name three landmarks of the femur.

118. Name three landmarks of the tibia.

119. How many metatarsals are there?

120. True or false: the metacarpals are the hand bones?