



CTECH Sport: Summer work 2018

Sports injuries and rehabilitation

1. Fill in the chart for your own injuries

Type of Injury	Cause of injury	Treatment	Who treated you?

2. What are the signs and symptoms of the following common acute sports injuries?
 - sprains and strains
 - broken bones
 - dislocation
 - torn ligament
3. For each of the above state how they would be treated or rehabilitated.
4. What are the signs and symptoms of the following common chronic sports injuries?
 - tennis elbow
 - golfer's elbow
 - shin splints
 - stress fracture
 - tendonitis
5. For each of the above state how they would be treated or rehabilitated.