

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week Beginning: Week 12 - 10/23 -10/27
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes:	<p>Objective:</p> <p>Define therapeutic modalities</p> <p>List the basic types of modalities</p> <p>Explain the purposes of modalities</p> <p>Explain general indications and contraindications</p> <p>Lesson Overview:</p> <p>L 1 Intro to Modalities.ppt</p> <p>L 2 Thermal Modalities.ppt -</p>	<p>Academic Sports Med CTE Standards:</p> <p>8.1</p> <p>8.2</p> <p>8.3</p> <p>8.4</p>
T u e s d a y	Notes:	<p>Objective:</p> <p>Review the physiologic effects of cold</p> <p>Explain the indications and contraindications of using cold</p> <p>Discuss the advantages and disadvantages of cold modalities</p> <p>Lesson Overview:</p> <p>L3 Cryotherapy.ppt -</p> <p>L4 Cryo Therapy Lab.ppt</p>	<p>Academic Sports Med CTE Standards:</p> <p>8.1</p> <p>8.2</p> <p>8.3</p> <p>8.4</p>
W e d n e s d a y	Notes:	<p>Objective:</p> <p>Review the physiological effects of heat</p> <p>Explain the indications and contraindications of heat</p> <p>Discuss the advantages and disadvantages of specific heat modalities</p> <p>Lesson Overview:</p> <p>L 5 Thermotherapy w/ lab .ppt -</p> <p>L 6 Thermotherapy Lab.</p>	<p>Academic Sports Med CTE Standards:</p> <p>8.1</p> <p>8.2</p> <p>8.3</p> <p>8.4</p>
T h u r s d a y	Notes:	<p>Objective:</p> <p>Describe the process of contrast bath therapy</p> <p>Justify the use of cryokinetics</p> <p>Explain how ultrasound works</p> <p>List the indications and contraindications for using ultrasound</p> <p>Justify the need for an ultrasound treatment</p> <p>Lesson Overview:</p> <p>L 7 Contrast Therapy and Cryokenetics.</p> <p>L 8 Ultrasound.ppt</p>	<p>Academic Sports Med CTE Standards:</p> <p>8.1</p> <p>8.2</p> <p>8.3</p> <p>8.4</p>

F r i d a y	Notes:	<p>Objective:</p> <p>Describe the various massage strokes</p> <p>List the indications and contraindications for massage</p> <p>Select the correct massage stroke based on desired therapeutic effects</p> <p>Correctly perform each massage stroke</p> <p>Lesson Overview:</p> <p>L 9 Therapeutic Massage.pptx</p> <p>L 10 Electrical Stimulation.ppt</p>	<p>Academic Sports Med CTE Standards:</p> <p>8.1</p> <p>8.2</p> <p>8.3</p> <p>8.4</p>
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