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| Name: Colton Merrill, ATC, CPT | | Grading Quarter: 3 | Week 4 Beginning: January 27 th , 2025 |
| School Year: 2024-2025 | | Subject: Sports Medicine and Rehabilitation Year 1 | |
| Monday | 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 Standards:</p> <p>8.1</p> <p>8.2</p> <p>8.3</p> <p>8.4</p> |
| Tuesday | 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>Academic Standards:</p> |
| Wednesday | 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 8 Ultrasound.ppt</p> | <p>Academic Standards:</p> |
| Thursday | 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>Academic Standards:</p> <p>8.1</p> <p>8.2</p> <p>8.3</p> <p>8.4</p> |

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| Friday | 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 10 Electrical Stimulation.ppt</p> | <p>Academic Standards:</p> <p>8.1</p> <p>8.2</p> <p>8.3</p> <p>8.4</p> |
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