4. Medical Injury Analysis

The student will research their own medical injury. For a student who is not injured they can research the injury of a local professional or college player. This should be a sports injury. If it is not a sports injury, but rather an illness, it will have to be approved by the teacher of record.

Research Paper:

1. Introduction: The student will explain how the injury happened. Describe when, where, and what type of play. Describe how much pain they were in if any. Describe how the doctor came to the diagnosis.
2. Body: Research your medical injury. Do an indepth medical analysis of the injury. Compare your research with various sources to have accurate medical details. Giving information on, but not limited to:
3. Typical cause of the injury.
4. How much pain is expected?
5. What is the overall prognosis?
6. Did it require surgery? Or would it have required surgery if the injury was worse?
7. How long are you expected to be out until you can fully return?
8. Is your injury typical for the sport you participate in?
9. What could you have done to prevent yourself from getting injured?
10. What are the chances of the injury reoccurring?
11. List any other important statistics regarding your injury.
12. Conclusion: Conclude with any rehab protocols you may need to participate in before you return. Include specific exercises and how often.
13. Daily Activity/Rehab Log: Keep a daily log of all of the exercises you are doing to help yourself come back from the injury
14. Stretches
15. Exercises
16. Therapy (ice, rest, chiropractic etc…)
17. Activities to avoid
18. Activities that help you
19. Improvements that are being made.

***Rubric: 1 Point Introduction***

 ***2 Points Body***

 ***1 Point Conclusion***

 ***1 Point Activity/Rehab Log***

 ***5 Points Total***

Injury: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Due Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_