A coach asks you for advice regarding what she should do for acute sprains and strains, should they occur while she and her team are on a three-day road trip to participate in a high school girls' softball tournament. What would you advise her to do for treatment of acute injuries?

 A parent asks you to explain the difference between steroidal and non-steroidal anti-inflammatory drugs. What would you tell the parent?

An athlete is recovering from a grade II hamstring strain that occurred 4 days prior. At what point/phase in the injury response process is the athlete and what occurs during this phase to elicit healing?

A parent asks you for advice on what overthe-counter drug would be best to give his daughter to help her recover from a seconddegree ankle sprain. What would you suggest?