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| 1: A football player on your high school team, a running back, is tackled hard in a game with a cross-town rival. The opponent's helmet is driven squarely into your player's right thoracic region. The running back gets up slowly and is holding his right thoracic area with his left hand and is obviously struggling to get to the sideline. He is in considerable pain. You reach him and ask him immediately about his condition-he reports that on impact he felt something crack in his ribs, has painful respiration, and the region of impact is extremely painful to touch. What is the likely injury in this situation and what is the appropriate first aid? |
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| 2: An athlete on your boys' basketball team appears to have suffered a low back injury while making a rebound during practice. He is lying on the floor and reports that it is painful to move. He reports having felt something "tear" in his low back region but also indicates that he has no pain or numbness radiating into his buttocks or legs. What is the appropriate first aid for this athlete? |
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| 3: You are coaching gymnastics. One of your athletes just over rotated on a 'double-back' on floor. As soon as she hit the mat, she collapsed to the floor, complaining of severe pain in her lumbar region. In addition, she complains of a burning sensation in the back of her thigh and lower leg. What type of injury might she have? What type of first aid care would you provide? |
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