



Rehabilitation and Modalities Acute Injury Scenarios

Student Workbook



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Acute Injury Scenario 1

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: You have a soccer athlete who just got stepped on in a game, and he says his ankle rolled under during the injury. He has lateral ankle swelling and rates his pain at 7/10. You are at an away game and will be traveling on the bus home for the next 10 hours.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury Scenario 2

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A gymnast sprained her ankle a week ago. She is doing therapy and her pain has decreased, but she continues to have a moderate amount of edema in her ankle.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 3

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A basketball player has a history of chronic patella tendinopathy. He comes to the training room before practice complaining of pain.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 4

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A bowler sprained her left wrist during a match. There was immediate pain and swelling. She treated the swelling at home with ice and elevation, and the pain subsided. It is now a month later and there is persistent swelling and stiffness.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 5

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A soldier (tactical athlete) presents with extreme soreness following a long, 20-mile ruck march the day before. He reports that his quadriceps are very sore and that stretching is uncomfortable.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 6

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A track athlete comes to you after completing his last race. He reports that he was running the 200m and felt a sharp pain in the front of his hip when he came out of the blocks. After a thorough evaluation, you decide that he has strained his hip flexor. He is done for the day and reports to you the next day for treatment.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 7

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A gymnast has a chronic left-medial calf strain at the musculotendinous junction that is slowly resolving. She has developed some tightness in the gastric-soleus complex with a slight loss of ankle dorsiflexion.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 8

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A football player suffered a grade-1 hamstring strain a few days ago. He has returned to practice but reports tightness in his hamstring when he first begins training.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 9

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A golfer presents to the training room complaining of pain in his lower back. He reports that he felt something pull in his back a few days ago but thought that it would go away. He explains that it has gotten better, but he feels tight and limited during his golf swing.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 10

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A lacrosse player is two weeks post-op from an ACL surgery and continues to have quad weakness and difficulty performing rehab exercises.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 11

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A tennis player comes in complaining of pain in her elbow. She reports pain in her lateral elbow with radiating pain into her forearm when playing tennis. After evaluation, you determine that she has lateral epicondylitis (tennis elbow).

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 12

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A tennis player complains of low back pain radiating into the SI/buttocks region. When you palpate deep in the L4 region, it reproduces the pain to the region of the SI and buttock where he perceives most of the pain.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 13

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A golfer presents with medial epicondylitis. He has been stretching, icing, and wearing an elbow brace but has had no significant improvement.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 14

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A softball catcher presents to the training room complaining of ongoing low back pain. She states that it has been hurting since the beginning of the season when a runner collided with her. She has been icing and stretching but reports that her pain is not getting any better.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 15

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A baseball player suffered an ankle sprain when he slid into 3rd base. You have been treating him for a few days. His pain has been decreasing, but the edema in his ankle has not changed despite using various modalities.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 16

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A basketball player complains of low back pain from weightlifting yesterday after practice. He has mild swelling and loss of ROM due to pain.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 17

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: One of your running backs reports to the training room after practice and tells you that his shoulder hurts. He states that he is not sure what happened but that he was tackled several times during practice. He reports pain over the deltoid and AC joint. You notice mild edema and bruising, and upon further evaluation, the athlete tells you that he has pain with flexion and abduction of the shoulder.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 18

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A wrestler reports that he landed hard on his left elbow during his match yesterday. After a thorough evaluation, you determine that he has a ruptured olecranon bursa.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 19

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: An athlete suffered a compression fracture of the proximal radius eight weeks ago and has decreased ROM with discomfort at the end ranges of flexion, extension, supination, and pronation. You want to increase his motion.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 20

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A lacrosse player comes to you and reports that he injured his finger during his club practice about a week ago. He states that his parents took him to a walk-in clinic where he had x-rays and was told that he had dislocated his finger. He tells you that the doctor referred him to a specialist, but that he can play until he is seen because there wasn't a fracture.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 21

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A triple jumper comes to you and reports pain in her left Achilles. She states that every time she jumps, she gets a sharp pain and that it is getting worse every day. She tells you that she has been icing after practice, which helps some, but isn't sure what else to do.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 22

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A cross country runner complains of bilateral medial shin pain. She is extremely tender to palpation and complains of pain anytime she runs.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 23

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A swimmer comes to the training room and complains of posterior/lateral neck pain. He has a noticeable spasm in the area of the upper trap and pain with AROM.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 24

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A soccer player reports to the training room after having ACL surgery. She is one-day post-op and has a lot of swelling and pain in her knee.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan:

Acute Injury

Scenario 25

Directions: Read through the scenario and identify the modality and treatment plan.

Scenario: A wrestler comes to you and reports neck pain following his last match. He states that his neck is stiff and complains of minor tenderness along his upper trap.

Modality of choice:

_____ Cryotherapy

_____ Electrical stimulation

_____ Thermotherapy

_____ Manual therapy

_____ Therapeutic ultrasound

_____ Thermal modality (heat)

_____ Thermal modality (cold)

_____ Hydrotherapy

_____ Light modality

Treatment plan: