

Rehabilitation and Modalities Curriculum

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Rehabilitation and Modalities Curriculum

This curriculum and accompanying supplies will help students learn the basic principles of rehabilitation and modalities for acute injuries. Students will also be introduced to various careers within the field of rehabilitation.

Curriculum Structure

The *Rehabilitation and Modalities Sim Kit* curriculum is composed of the following lessons. Approximate lesson times are included.

Lesson	Title	Approximate Time
One	Understanding Rehabilitation Modalities	60-75 minutes
Two	Safety Procedures for Modalities	60-75 minutes
Three	Five Phases of Rehabilitation	60-75 minutes
Four	Creating First Aid Treatment Plans for Acute Injuries	60-75 minutes
Five	Career Exploration: The Role of Various Rehabilitation Professionals	60-75 minutes
Six	Assessment and Application: Acute Injury Scenarios	320-510 minutes
	Total	10-15 hours

Lesson Structure

Each lesson begins with a Lesson Overview, Lesson Objectives, and a Lesson at a Glance table which lists the lesson activities, materials required, suggested preparation steps, and approximate class time.

Lesson Sections

The actual lesson follows the overview, which will contain some of the sections described below.

FOCUS

Every lesson begins with a FOCUS activity intended to capture participants' attention. This may be in the form of a small or large class discussion, a game, a review of previous lesson information, or a demonstration. During this activity, participants are introduced to the topic of the lesson.

LEARN

The LEARN activity in each lesson varies in its presentation mode. It may be a slide presentation, group activity, or demonstration.

REVIEW

The majority of lessons end with a REVIEW activity intended to briefly review the lesson's key messages or main points.

Lesson Five – Career Exploration: The Role of Various Rehabilitation Professionals

Lesson Overview

In this lesson, participants will be introduced to various careers within the rehabilitation field. They will also learn about the “athlete’s circle of care” and what professionals it’s made up of.

Lesson Objectives

After completing this lesson, participants will be able to:

- Understand and explain the individuals that make up an athlete’s circle of care
- Identify different careers within the field of rehabilitation
- Explain a rehabilitation career that they are personally interested in working in

Lesson at a Glance

Activity	Materials	Preparation	Approximate class time
FOCUS	<ul style="list-style-type: none"> • <i>Circle of Care</i> slide presentation • <i>Circle of Care</i> 	<ol style="list-style-type: none"> 1. Print/photocopy <i>Circle of Care</i> (one per participant) 2. Prepare <i>Circle of Care</i> slide presentation 	20-25 minutes
LEARN	<ul style="list-style-type: none"> • <i>Careers in Rehabilitation</i> slide presentation 	<ol style="list-style-type: none"> 1. Prepare <i>Careers in Rehabilitation</i> slide presentation for viewing 	20-25 minutes
REVIEW	<ul style="list-style-type: none"> • <i>Research a Rehabilitation Career</i> instruction sheet • <i>Research a Rehabilitation Career Rubric</i> instructor resource 	<ol style="list-style-type: none"> 1. Print/photocopy <i>Research a Rehabilitation Career</i> instruction sheet for each participant 2. Use provided rubric for grading completed assignment 	20-25 minutes

Lesson Five – Career Exploration: The Role of Various Rehabilitation Professionals

FOCUS: Sports Medicine Circle

20-25 minutes

Purpose:

Participants will watch a video and slide presentation to introduce them to an athlete's circle of care.

Materials:

- *Circle of Care* slide presentation
- *Circle of Care*

Facilitation Steps:

1. Share the following information with your students as you show the *Circle of Care* slide presentation:

Slide 1: Introduction Slide

Slide 2: Sports Medicine Circle of Care

The sports medicine circle of care is a group of individuals from all health care fields that work to ensure that athletes everywhere are well taken care of, promoting lifelong fitness. The group of medical professionals involved in the athlete's care will depend on the age of the athlete, the level of sport they play, and their familial status.

Slide 3: Watch the video about the Justin Sports Medicine Team

Discuss what medical professionals were seen in the video.

Slide 4: Central Team

The individuals closest to the athlete make up the central sports medicine team. These are people that have direct access to the athlete. The athlete themselves, their parent (if a minor) or spouse (if granted), their coach, their athletic trainer, and the team physician are all members of the circle of care for an athlete.

Slide 5: Peripheral Team

The peripheral team is composed of medical professionals that help the athlete recover from an injury but do not have daily contact with the athlete during the recovery and rehabilitation process (listed on slide).

Slide 6: Athlete's Circle of Care

Image of what a circle of care might look like for an athlete

2. Give each participant a *Circle of Care* worksheet.

3. Have participants work individually to find a well-known (college or professional) athlete that has been injured and fill out the worksheet based on the information they find on the web.

If time allows, call on volunteers to share the information they learned.

Name: _____ Class: _____

Circle of Care

Directions: Find 12 people surrounding a famous athlete (college or professional) that would be in the athlete's circle of care. In each box, write the person's name, job, and if they are a part of the central or peripheral team.

	Athlete:		
	Injury:		