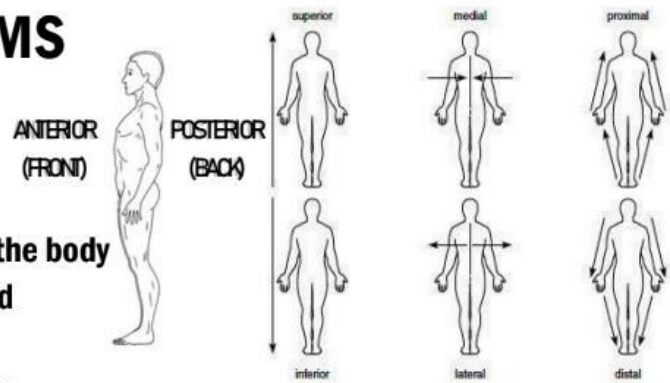


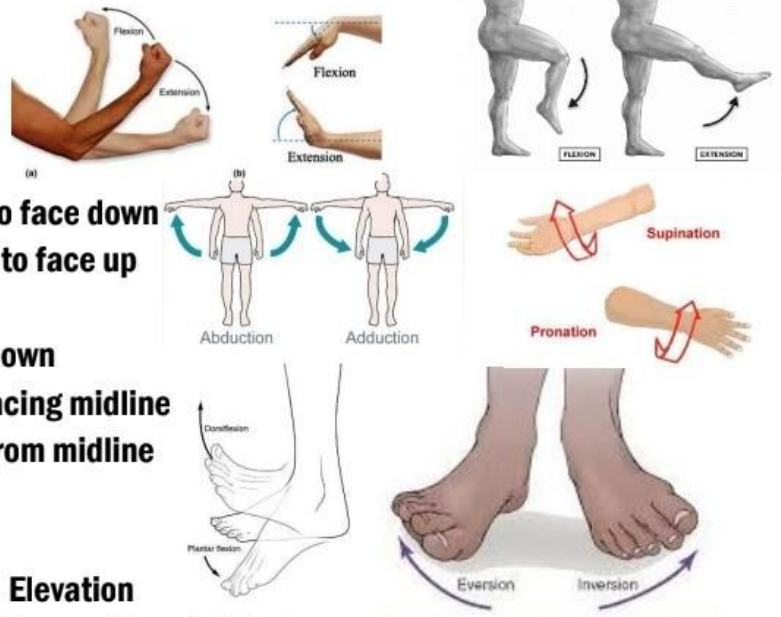
● ANATOMICAL/DIRECTIONAL TERMS

- **Anterior** - "in front of" or "front"
- **Posterior** - "in behind of" or "behind"
- **Medial** - towards the median
- **Lateral** - away from the median and towards the side of the body
- **Superior** - upwards or towards the vertex/top of the head
- **Inferior** - below or towards the feet
- **Proximal** - towards the trunk of the body or point of origin
- **Distal** - away from the trunk of the body or the point of origin



● ANATOMICAL TERMS OF MOVEMENT

- **Flexion** - decreasing a joint angle
- **Extension** - increasing the joint angle
- **Abduction** - moving away from the midline
- **Adduction** - moving toward the midline
- **Pronation** - the motion of turning the palm to face down
- **Supination** - the motion of turning the palm to face up
- **Dorsiflexion** - brings the foot back, toes up
- **Plantarflexion** - points the foot down, toes down
- **Inversion** - bringing the foot inward, soles facing midline
- **Eversion** - bringing the foot outward, away from midline



● ABBREVIATIONS

- **R.I.C.E** - Rest, Ice, Compression, and Elevation
- **H.O.P.S** - History, Observation, Palpation, and Special Tests
- **S.O.A.P** - Subjective, Objective, Assessment, and Plan
- **HIPPA** - Health Insurance Portability and Accountability Act
- **D.O.B** - Date of Birth
- **ROM** - Range of Motion
- **AROM** - Active Range of Motion
- **AED** - Automated External Defibrillator
- **CPR** - Cardiopulmonary Resuscitation
- **EAP** - Emergency Action Plan
- **FX** - Fracture
- **HX** - History
- **FAST** - Face, Arm, Speech, and Time
- **VATA** - Valley Athletic Trainers Association
- **NATA** - National Athletic Trainers Association

● ANATOMY:

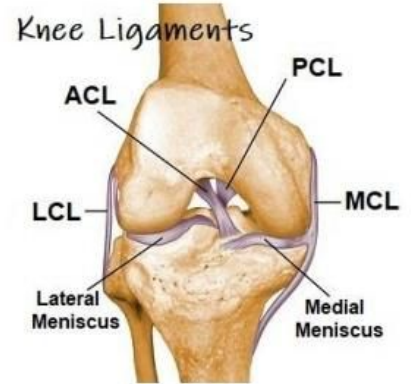
○ Bones of Lower Body

- Femur
- Patella
- Tibia
- Fibula



○ Knee Ligaments

- ACL
- PCL
- MCL
- LCL



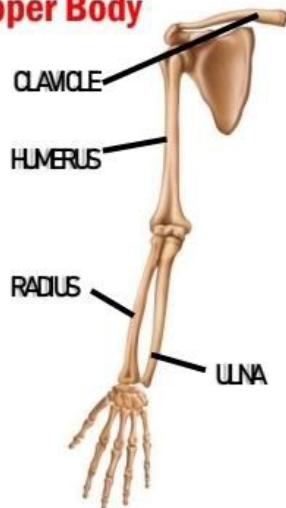
○ Lower Body Muscles

- Quadriceps (quads)
- Hamstrings
- Gastrocnemius (calves)
- Glutes



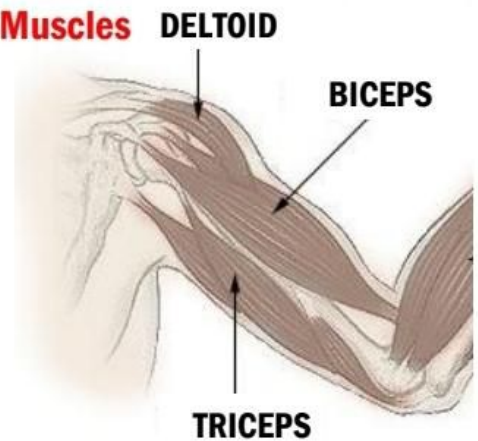
○ Bones of Upper Body

- Humerus
- Radius
- Ulna
- Clavicle



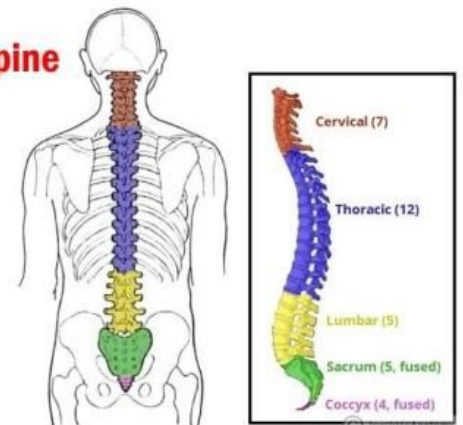
○ Upper Body Muscles

- Biceps
- Triceps
- Deltoid



○ Sections of the Spine

- Cervical
- Thoracic
- Lumbar



- **Ligament-** connect bone to bone
- **Tendon-** connect muscle to bone
- **Joint-** a point where two bones meet

● INJURIES

- **Concussion** – A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth
- **Shin Splints** – also known as medial tibial stress syndrome, in which pain occurs along the tibia. This pain is the result of small tears and inflammation in the muscles, tendons and bone tissue around your shin
- **Turf Toe** – occurs when the ligament underneath your big toe hyperextends
- **Fracture** – a break in the bone
- **Dislocation** – an injury in which the bones (joint) are forced from their normal positions
- **Strain** – injuries to a muscle or tendon, and are often caused by overuse, force, or stretching
- **Sprain** – an injury that stresses a joint and overstretches or even ruptures supporting ligaments
- **Hyperextension** - excessive movement of a joint in one direction (straightening). In other words, the joint has been forced to move beyond its normal range of motion
- **Tendinitis** – when a tendon become swollen or inflamed
- **Herniated Disc** – occurs when all or part of a disc is forced through a weakened part of the spine (disk)
- **Contusion** – caused by a direct blow to the body that can cause damage to the surface of the skin and to deeper tissues as well. (bruise)
- **Chronic Injury** – result from overuse of one area of the body and develop gradually over time usually over a long period of time
- **Acute Injury** – injury that happens suddenly, such as when a person falls, receives a blow, or twists a joint

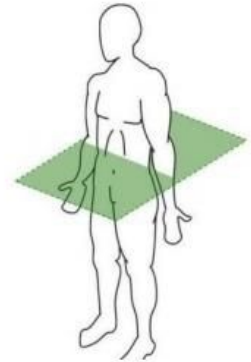
• ANATOMICAL PLANES:



- **Coronal (Frontal)** – A vertical plane that divides the body into anterior (**front**) and posterior (**back**) portions.



- **Sagittal** - A vertical plane that divides the body into **right** and **left** sides.



- **Transverse** - A horizontal plane that divides the body into superior (**upper**) and inferior (**lower**) portions.

Anatomical position - Standard position where the body is standing upright and facing forward with the legs parallel to one another. Arms are down at each side with palms facing forward.

