Learning Objectives

Danny Smith, PT, DHSc, OCS, SCS, ATC

Course Objectives:
Upon completion of this course, learners will be able to:

1. Understand the importance of having an active emergency action plan
2. Describe and carry out initial assessment
3. Describe and assess abdominal injuries/internal injuries
4. Differentiate the various types of injuries to the brain and spine and how to recognize their symptoms
5. Recognize the signs and symptoms of visceral injuries and the presence of radicular pain associated with visceral injuries

Chapter 1: Pre-Hospital Care: The Emergency Action Plan
In this chapter, Danny Smith emphasizes the importance of an emergency action plan, informs the viewer of the different essential components of an emergency action plan, and provides rules of evaluation for an injury on the sidelines and on the field. The chapter lecture discusses how to obtain objective information, diagnoses, and the initial management of the injury. The chapter concludes with tips for entering into emergency care for athletes.

Chapter 2: Spinal Injuries
When discussing spinal injuries, burners and stingers are a common occurrence among athletes. Danny Smith covers the anatomy, cause, symptoms, diagnosis, treatment, and return to play for burners, stingers, and skull fractures. The chapter concludes with considerations for the immediate stabilization of spinal injuries on the field for unconscious and conscious athletes.

Chapter 3: Visceral Injuries
This chapter covers a variety of visceral injuries and focuses especially on chest and abdominal injuries. Danny Smith explains the mechanism of injury, signs and symptoms, and management for a variety of visceral injuries, specifically focusing on chest and abdominal injuries. The conditions discussed include costochondral separation, tension pneumothorax, hernia, liver contusions, appendicitis, and pelvic avulsion, among other visceral injuries.