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Clinical Experience I

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Recently, when I was on rotation with women’s basketball with Chaypin I have had to complete an ultrasound treatment on one of the athlete’s left knees. The athlete had suffered a MCL sprain a little over a week ago during a basketball practice. Unfortunately I was not there when the injury occurred so I do not know any more about the injury. Also this was a treatment that I had completed a couple days ago so I am going to try and remember all the parameters that I did without messing any of them up.

To begin the treatment after talking a little about the injury and finding more about it from the athlete and also Chaypin, I began to narrow down what I would choose for each parameter to give this athlete the best possible treatment for their injury. So I began by asking the athlete where the majority of their pain was and the extent of their pain. Then I went to ask if they were pregnant or had any cancerous tumors anywhere near the injury site, because if they did I would not be able to perform ultrasound. So to start I turned the machine on and then decided that the best medium to use was the water based gel. Next I set the frequency to be at 3.3 MHz, because the injury was superficial and not deep. The frequency can be set at 3.3 MHz or 1 MHz and this determines the depth of penetration with ultrasound (3.3 MHZ is more superficial and 1 MHz is deeper. Then I set the time to seven minutes because it was of Chaypin’s request. Next I set the duty cycle to 50% because the injury was not chronic but we have already been doing treatment this whole time since the injury and it has just about passed the acute stage. Her inflammation was down since the date of the injury, but not completely so we are treating for inflammation. Next I set her intensity to a 1.2 W/cm2 because it is on the bubble of an acute and chronic injury at this point. After to make sure I was correct I asked Chaypin to go over the parameters to confirm I could perform the treatment. I then applied the gel to the ultrasound head and then to the area of the injury and moved the ultrasound head in a circular motion until the time was up. After the beep I then grabbed a towel and cleaned off the ultrasound head and then the patient’s knee off so it was clean as well. Then put everything up and cleaned my area.

To check if the treatment did its job I normally just ask the patient how they feel because they usually have had the treatment before so they know how it should feel. Although, I am attentive the entire treatment to make sure it is pain free in its entirety. I feel as if I could have bettered the athlete’s treatment experience if I had talked more about her injury but I felt like it was a harsh subject and it was only my first day with that rotation. Also the athlete was a double sport athlete and she had just started playing basketball, so she was in a foul mood. Overall, I enjoyed my clinical rotation this week. I got to start rehab with this athlete for the week so as the week has progressed it has become enjoyable helping the athlete get back to 100%.