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Clinical Experience II

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 The other day while I was obtaining clinical hours with Kris a basketball player came in to do some rehab for a lateral ankle sprain that they had sustained. The player said he "rolled" his ankle while landing after coming down from getting a rebound. Kris had diagnosed it as a grade 1 ankle sprain to the athlete's right ankle. The athlete had sustained the injury about a week and a half previously. Kris had tasked me with finishing his rehab, because he had already started stem. Since he has passed the inflammatory response phase and the majority of his swelling had been reduced, I believed he was ready to go some resistance band exercises, a few strength things, and finish with some balance exercises. So I began by doing some four ways with Thera band as resistance. I made sure to emphasize stabilizing the tibia to minimize as much compensation as possible, as well as correcting form to make sure they go in ti inversion and eversion properly and not just internal rotation. Then had him do 2 sets of ABC's and told him to do it with the resistance bands on. Next I had the athlete do calf raises for 3 sets of 15. After this I then went and grabbed the towel to do some towel crunches. I made him do 2 sets and watched him to make sure he did not cheat me. Next I went to grab the infamous BOSU ball and some little Gator aid cups to work on some balance and proprioceptive training. I then had the athlete stand on their injured foot and had him pick up cups that I put down all around the BOSU ball. This had him move the ankle in all different directions causing him to stay controlled and keep his balance at the same time. One disclaimer some patients will try and slip the rules and grab more than one cup up at once, this is strictly forbidden and we hold a zero tolerance policy for that here at the Emory and Henry College Athletic Training Clinic. After this i asked him how he was feeling and making sure he wasn't having and pain, other than the little stress caused from working on it. Finally I gave him an ice bag to put on his ankle and than sent him on his merry way. After being able to complete my own rehab I felt good about my knowledge of everything. I even enjoyed the anatomy review thinking of different variations to exercises. I reviewed 5 attempts and 3 masteries this week.