

Instructional Terminology

SPORTS MEDICINE & REHABILITATION

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A

“**A-**” - Absent, without, lack of

AAROM - Active Assisted Range Of Motion; clinician assists patient when patient has trouble performing movement

Abduction - Sagittal movement away from midline of the body

Abrasion - An open wound in which the outer layer of skin has been scraped off; it may or may not bleed, depending on its depth; Scraping away of skin due to friction

Absorption - A process where digested food moves into the blood stream to be used throughout the body

Acceptance - The injured athlete’s willingness to deal with the injury and the limitations imposed by it; coming to terms

Ace™ Bandage - An elastic woven cloth material available in a variety of lengths and widths used primarily to wrap an athlete’s injured joint or muscle in order to provide compression, support, or restrict an undesired range of motion

Acetabulum - The “cup shape” socket of the hip joint that articulates with the head of the femur

Acromion Process - Flat lateral edge of distal scapula

Active living – Integrates physical activity into daily routines like commuting and recreation

Active ROM - Movement is performed by the athlete

Acute – Fresh; brand new or rapid onset

Acute onset muscle soreness - Muscle soreness usually due to acid buildups within the tissues; quickly resolves

Adduction - Sagittal movement toward the midline of the body

Adipose tissue - Fat tissue

Activities of daily living (ADL) - Things that must be done daily for a person to properly function

Automated External Defibrillator (AED) - A device that looks for abnormal electrical activity within the heart and elicits a shock to re-establish a normal effective heart rhythm

Aerobic - Exercise performed at a rapid pace that uses oxygen to make energy; Uses oxygen

Agility – nimbleness; the ability to change the body’s position quickly and easily

Agonist - Primary muscle causing movement

Alienation - A psychological response to injury in which an injured person perceives the body part affected as not being part of his/her own body

Ambulate - To walk or move about

Amenorrhea - Absence or suppression of normal menstrual cycle

American College of Sports Medicine (ACSM) - An organization which works to improve health through the use of science and medicine

Amphiarthrosis - Slightly movable joints

Anabolic - Muscle-building

Anaerobic - Exercise performed for a static or shorter time and does not use oxygen to make energy

Analgesic - Pain reliever

Anaphylaxis - Severe allergic reaction

Anatomical position - An erect stance, arms at the sides, palms facing forward

Anatomical snuffbox - The space at the base of the thumb created by the extensor pollicis longus and brevis tendons; a depression over the radial side of the wrist that can be seen when the fingers are extended

Anchor - A strip of tape, usually applied first in a taping procedure that provides a base for other strips of tape to attach to

Androgenic - Increased masculine characteristics

Anemia - Decreased ability to transport oxygen and more prone to fatigue and illness

Anesthetic - A substance that causes lack of feeling or awareness

Anger - The athlete's emotion of being upset and mad that the injury occurred; negative emotions

Angina - Chest pain

Anorexia - An eating disorder in which an irrational fear of weight gain leads people to starve themselves; refusing to eat

Antacids - Stomach acid reducer

Antagonist - Muscle opposing the primary muscle causing movement; Muscle that potentially opposes movement

Anterior/Ventral - Front side

Anti-inflammatory - Medication that reduces inflammation

Antibiotic Ointment - An agent that inhibits bacterial growth or kills bacteria

Antibiotics - Agent that fights bacterial infections

Antibodies - A type of cell produced by the spleen to defend against foreign cells

Antifungal - Agent that fights fungal infection

Antihistamine - Decreases immune system response to itching and tissue swelling

Antipruritic - Anti-itch

Antipyretic - Fever reducer

Antiseptic - Solution applied to living tissue that prevents infection

Antitussive - Stops cough

Apnea - Temporary stopping of breathing

Appendages - Arms and legs

Appendicular skeleton - Composed of bones that anchor the appendages to the axial skeleton

Arizona Athletic Trainers' Association (AzATA) - The membership organization for athletic trainers in Arizona

AROM - Active range of motion; patient performs motion by his/herself

Arteries - Carry oxygenated blood away from the heart

Arthritis - Chronic inflammation of joints and joint surfaces

Arthrology - Study of joints

Arthroscopy - Less invasive surgery involving the use of a scope, or camera, to see what is problem inside joints

Articulation - Bone ends that come together and form a joint

Assessment - Identification of problem

Assumption of risk - An individual may be injured as a result of participating in sports

Asthma - Air passages swell and narrow due to pollution, allergens or illness; a condition in which the air passages constrict in response to a stimulus

Asymptomatic - Not complaining of or demonstrating any signs/symptoms of an injury or illness

Asystole - There is no electrical activity in the heart; heart is dead

Athletic tape - Adhesive backed cloth tape used directly on the skin or over prewrap to prevent or support injuries by maintaining a stable position of bones and muscles

Athletic training student aides (ATSAs) - Students who act under the direct supervision of an athletic trainer

ATP - Adenosine Triphosphate; body energy unit

Atrium - Upper chamber of the heart

Atrophy - Wasting away of tissue due to lack of use: Muscles that are immobilized for long periods of time lose muscle size

Autonomic Nervous System – Part of the vertebrate nervous system (along with the sympathetic and parasympathetic) that controls an individual's involuntary actions

Avascular necrosis - Tissue death due to lack of blood: Condition when a fracture receives little or no blood supply

AVPU - Level of consciousness check: alert, verbal, pain, unconscious

Avulsion - Open wound with a flap of skin; Forceful tearing of a tissue/bone; tearing away of skin or body part usually leaving a flap

Avulsion fracture - A muscle, tendon or ligament pulls off a piece of bone

Axial Loading - A force delivered to the top of the head

Axial skeleton - Consists of bones that form the axis of the body; support and protect the organs of the head, neck, and trunk

Axillary/axilla - Armpit region

B

Bacteria - Pathogen that can usually be treated by antibiotics

Balance – A state of equilibrium where an even distribution of weight supports an athlete’s ability to remain up-right without falling down despite forces against them

Ball and socket - Ball-shaped end of a bone that fits into a cup-shaped socket; this gives a wide range of motion, including rotation (shoulder and hip)

Ballistic stretch - A type of stretching using a set of quick bouncing movements held for a limited time; bouncing

Bandage Scissors - Special scissors with blunt ends that are used to cut tape and bandages from athletes after use without cutting and injuring the athlete’s skin.

Bandages - Materials used to secure a dressing or splint in place

Bargaining - The act of an injured athlete attempting to convince others he/she can safely participate in an activity even though they are unable to; trying to make deals

Baseline Testing - Determine normal scores/functions for an individual prior to suffering an injury

Basic Strength - Ability of the muscles associated with an injury to produce force equivalent to their pre-injured state.

Battle’s Sign - Bruising/ecchymosis over mastoid process behind ear

BESS Testing - Balance Error Scoring System used to test balance and coordination skills

“**Bi-**” - Two

Bid - Proposal sent out to potential vendors for an item in which the vendor offers a price

Bilateral - Both sides

Bile - A substance produced by the liver that neutralizes the acid of the stomach and helps digest fat in the small intestine

Binder/swathe - Use of a cravat to secure/immobilize a body part

Binge Eating - An eating disorder in which people overeat compulsively

Biohazard Container - These containers are specially made in red or orange color to identify that potentially infectious material is inside of them. Hard-sided biohazard containers are for needle or sharp instrument disposal; bags can be used for soft items

Blister - A small bubble on the skin caused by a continuous rubbing over the surface of the skin that fills with serum

Blood Vessels - Three major types of the blood vessels: arteries, heart, and capillaries

Blowout fracture - An injury to the orbital floor of the eye caused by an impact to the area

Body Max Index (BMI) - Measure of body weight relative to height; Body mass index

Basal Metabolic Rate (BMR) - The amount of calories needed to perform basic, life-sustaining functions

Board of Certification (BOC) - Provides an entry-level certification program for athletic trainers, review the standards for the practice of athletic training, and reviews the requirements for continuing education for certified athletic trainers

Body composition - The bodies make up of muscle, bone, fat, minerals, and water

Body Image - The way you see your body; may be either negative or positive

Body of vertebrae - Anterior portion of vertebrae

Bone density - Amount of bone tissue in a certain volume of bone

Boxer's fracture - A fracture of the 4th or 5th metacarpal

Bradycardia - Abnormally slow heartbeat

Breach of duty - Failure to perform one's job

Bulimia - An eating disorder that involves cycles of overeating and purging, or attempts to rid the body of food

Bursitis - Irritation and inflammation of the bursa

C

Cadence - Steps/time

Caloric deficit - Decreased caloric intake

Calorie - Measurement of the potential heat energy in the food we eat; Unit of fuel for body; kcal

Capillaries - Tiny network of blood vessels

Capital purchases - Items that cost more than a set amount (like \$100) and can be used over a long period of time

Capital supply - More expensive piece of equipment that can be used over a period of time

Carbohydrates - Organic compounds that include sugars & starches; major energy source in diet; Primary fuel source 4 cal/g

Cardiac Arrest - Heart stops beating and blood is no longer circulating

Cardiac Chain of Survival – The series of critical actions bystanders and rescuers can take to improve the likelihood of survival by someone experiencing cardiac arrest including early recognition, CPR, defibrillation, etc.

Cardiac - Muscle of the heart. Involuntary muscle

Cardiorespiratory training effect - Cardiovascular or cardiorespiratory system becomes stronger and functions more efficiently with aerobic training

Carpal tunnel - Area over the anterior wrist where the median nerve and various tendons cross the wrist and are enclosed by the transverse carpal ligament

Carpals - The small bones of the wrist

Catastrophic injury - A sports injury resulting in a brain or spinal

cord injury, or a fracture of the skull or spine

Caudal - Towards bottom or tail: inferior

Cauliflower ear – A deformity of the outer ear characterized by blood collecting in the outer ear when not drained properly often caused by repeated blows, typically in boxing or wrestling; also known as perichondrial hematoma

Cellulitis - Infection of tissues just below the skin

Central Nervous System - Is made up of the brain and spinal cord. Control center of the body. All information is brought to it

Cephalic - Towards the top

Cervical collar - Soft brace that fits around an athletes' neck

Cervical - The seven vertebrae that make up the upper most region of the spine

Continuing Education Units (CEUs) - Units or hours needed to maintain a certification

Check, Call, Care (CCC) - Steps followed in any emergency situation. Check the scene and victim, call 911/local EMS, and care for victim until help arrives

Chondromalacia - A degenerative condition in which there is a wearing away of the cartilage on posterior patella

Chronic - A recurring injury; one that has been going on for a period of time; develops over time

Certified Personal Trainer (CPT) - A certified professional that creates and designs exercise programs for individuals

Circulatory system - Body system containing the blood vessels and heart, also called the cardiovascular system

Circumduction - Movement of a limb, hand, or finger in a circular pattern

Clinical sports psychologist - Provides treatment and care

Clinician - Person providing the care/treatment

Closed kinetic chain exercises - When an extremity is in constant contact with a surface that does not move

Closed Wound - Wound underneath the skin and does not bleed out; an injury in which the skin remains intact

Closed/simple fracture - Fracture that does not break through the skin

Coccyx - Three small vertebrae also called the “tail bone”

Cognitive needs - Mental needs

Cold Illness - Lowering of body temperature that can cause tissues to freeze and can result in death

Collagen - Extracellular proteins that form connective tissue between cells

Colles' fracture - Injury to the distal radius

Comminuted fracture – a break or splinter of a bone into more than two fragments or pieces

Compartment syndrome - Increased pressure within a compartment compromising other structures in that same compartment usually resulting in bleeding and swelling after an injury

Compensation Injury - Overuse conditions that arise from changing the body's mechanics due to injury

Compound/open fracture - Fracture which breaks through the skin

Compression - Pressed into less space

Compression force - A force that crushes the tissue, exceeding the tissue's ability to absorb or disperse it, resulting in a contusion

Concentric contraction - Shortening of a muscle during contraction

Conduction - Refers to how heat transfers when there is direct contact with an object

Condyloid - Oval-shaped condyloid that fits into ellipsoidal cavity of another allowing angular motion. Between the metacarpals and phalanges (fingers), metatarsals, and phalanges (toes)

Confidentiality - Keeping information about patient private

Conform or Lightplast - A stretchable elastic tape able to be torn by hand frequently used to secure bandages in place or hold protective padding

Congenital - Condition that occurs from birth

Constriction - Shrinking or shortening

Consumable supplies - One- or two- time use supply; usually inexpensive

Contractility - The ability to contract or make shorter

Contracture - Shortening of the length of a muscle due to decreased ROM; shortening of muscle length due to immobilization

Contraindication - Something dangerous or ill-advised for patient

Contralateral - Opposite side

Contrast bath - Treatment that uses alternating cold and hot water immersion

Contrecoup fracture - A fracture resulting on the opposite side from where the blow was sustained

Contusion - A closed injury in which bleeding occurs under the skin, often resulting in discoloration; a bruise

Convection - Refers to how heat is transferred through the movement of fluids or gases

Conversion - Heat energy that is transferred from one object to another

Coordination - The ability to execute controlled accurate responses through harmonious functioning of muscles, joints, bones, and soft tissues with proper intensity to achieve desired effect

Coracoid Process - A hook-like projection on the anterior aspect

of scapula

Counter Irritant - Topical agent that masks pain messages

Cardio-pulmonary resuscitation (CPR) - A combination of chest compressions and breaths to provide oxygen to the tissues when the heart is unable to do so

Cravat - Triangular bandage used for splinting

Crepitus – A squeaky, grinding, grating sound or sensation caused by friction between bone and cartilage

Criteria - The specific level of attainment an injured athlete must demonstrate in order to progress to the next return to play step

Cryokinetics - Combined cryotherapy with exercise technique

Cryotherapy - Cold therapy; applying cold therapy as a source of treatment

Cultural competence - An awareness of beliefs and values between cultures

Current procedural terminology (CPT) - A code from the American Medical Association that permit licensed health care providers to bill for their services

Cut - Could include incisions and lacerations

Cyanosis (cyanotic) - Lack of blood/oxygen causes pale, ashy skin color

Cycling - Taken over a short period of time then stopped

Cyst – An abnormal growth with a distinct membrane often filled with liquid and sometimes causing pain

D

Debridement - To clean out

Decongestive - Dries up mucus

Deep - Inside body near bone; away from the body's surface

Defibrillation - re-establishing a normal, effective heart rhythm in an individual who is in cardiac arrest.

Dehydration - Lack of body water

Delayed onset muscle soreness (DOMS) - Soreness due to microtraumas within tissue usually caused by too much or different activity. Usually occurs 24-48 hours after activity

Deltoid muscle - Muscle forming the rounded contour of the shoulder

Denial - The inability to accept the injury as having occurred and accepting limitations imposed by the injury; change reality in order to not deal with a situation

Depressed fracture - An injury to a flat bone (usually the skull) in which the fragment is depressed below the normal surface, usually caused by falling and hitting an immovable surface or being hit with an object

Depression - Relaxing or pushing shoulders down; sadness, withdrawal; the emotional state of being overwhelmingly sad about a situation or circumstance.

Dermis - The "true skin" which contains blood vessels, lymph

vessels, nerves, involuntary muscle, sweat and oil glands and hair follicles

Diabetes - Disease in which the body cannot produce enough insulin to control the amount of sugar in the blood

Diagnosis - Determining and identifying the problem

Diaphragm - A large muscle between the chest and abdomen that helps control breathing

Diaphysis - Shaft of bone, long part of a bone

Diarthrosis - Highly movable joint

Diastolic pressure - When ventricles are relaxed; bottom number

Dilation - Enlarging

Direct trauma - A blow or fall

Disk bulge - Disk moves out between the two vertebrae causing pinching of the disk

Dislocation - Nonunion of a joint; separation of bones: A joint injury whereby a bone has been forced out of its normal anatomical position

Distal - Further away from trunk of the body

Doping – The unnatural use of banned athletic performance-enhancing drugs by athletes to gain an unfair advantage

Dorsal/dorsum - Top of foot or backside

Dorsiflexion - Bring toes towards trunk; ankle movement in which toes/top of foot moves upwards towards knee

Dorsum - Top of the foot

Dose - Amount of medication taken

Dressings - Covering placed on wounds to promote healing and prevent infection

Drug Actions - What medicine does in the body

Duration - Length of time

Dynamic stretching – A stretching method where a static position is not held, but rather using movement that take the joint or muscle through a full range of motion

Dyspnea - Shortness of breath; difficulty breathing

Dysuria - Difficult or painful urination

E

Eating Disorders - Eating behaviors that are often harmful and other can result in serious illness or even death

Eccentric contraction - Controlled lengthening of a muscle during a contraction

Echymosis - Discoloration, bruising; bruising or discoloration

“-ectomy” - Surgical removal

Edema - Swelling/inflammation; swelling or increased fluid buildup in tissue spaces or body cavities. Also called effusion

Effleurage- To use the palm of your hand or thumbs to massage body tissue rhythmically

Effusion - Swelling/inflammation

Elastic Tape - Provides stretch to help permit normal muscle contraction

Elastic Wrap - Secures a protective padding permits normal muscle contractions without restricting normal blood flow

Elasticity - The ability to stretch and return to the original shape

Elastikon® - A brand of elastic tape with an adhesive that cannot be easily torn by hand, used to restrict unwanted joint range of motion or provide support to injured ligaments, muscles, and tendons.

Electrical stimulation (E-Stim) - Targeting a motor nerve by applying electricity to create a muscle response

Electrotherapy - Use of electronic modalities

Elevation - Raising the shoulders

Emergency Action Plan (EAP) - Emergency plan that outlines the proper steps of care in evacuating a building, contacting EMS or providing care for an injured victim. EAPs can and should be site-specific; a written document that outlines the steps to follow in case of an emergency

Emergency Medical Services (EMS) - Emergency medical services; sometimes referred to as 911 services

Endorphins - Body's natural painkillers that are released from the brain

Endurance - The ability to repeat motions over time; the ability to contract a muscle repeatedly or hold a contraction for a long period of time

Epicondyle - A bony protuberance located above a condyle that serves as an attachment point for muscle, ligament or tendon

Epicondylitis - Swelling and irritation of an epicondyle at the point where muscle originates

Epidermis - Outermost layer of the skin

Epinephrine - Hormone that stimulates sympathetic nervous system, helps regulate ventilation functions (respiration)

Epiphyseal fracture - An injury which occurs at the growth plate of a bone and may result in stunted growth in young athletes

Epiphysis - Ends of bone that form part of a joint

Epistaxis - Nosebleed

Equipment - Items that are typically reusable; items that usually cost more and not as easy to replace

Ergogenic Aid - Performance enhancer

Ergonomics - Study of human factors that affect the design and operation of tools and work environment; intended to provide optimum comfort and to avoid stress or injury

Erythema - Redness

Erythrocytes - Red blood cells; carry oxygen in bloodstream

Essential body fat - Minimal body fat required for basic body function; hormone production, reproductive function and proper nerve conduction

Ethics - The moral principles that determine a person's conduct

Etiology - Cause of condition; the cause of an injury or disease, mechanism of injury

Evaluation - An organized process of determining the type and severity of an injury

Eversion - Rotate foot laterally

Excitability - Responsiveness to stimulation and regulation by nervous impulses and hormones

Exercise - Activity through physical fitness

Expectorant - Makes cough productive

Expendable - Single use or throw-away

Extensibility - The ability to be stretched from the normal resting length

Extension - Joint moves or straightens back towards anatomical position

External rotation - Rotating away from midline of body; movement of an extremity away from mid-line

Extrication - Removal of equipment or removal from place

Extrinsic motivation - Some type of external reward

Exudate - Discharge of blood elements into tissue spaces

E

Family Educational Rights and Privacy Act (FERPA) - A privacy law for educational institutions

Fascia - Sheet or band of fibrous connective tissue that covers, supports, separates muscle

Fats - Second fuel source needing oxygen 9 cal/g; Organic compound that serves as reserve of energy in body; necessary for absorption of vitamins

Female athlete triad - Amenorrhea, osteoporosis, and stress fractures; Consists of three conditions: disordered eating, menstrual dysfunction, premature osteoporosis (low bone density)

Femoral Condyles - Distal end of the femur

Fibrillation - Unorganized, random heart contractions

Fibroblast - Cell that contributes to formation of connective tissue fibers

Fibroplasia - Second phase of tissue healing in which collagen fiber meshwork is formed; scar formation

First Degree Burn - Superficial minor burn

First Degree Sprain - One or more ligaments are stretched resulting in minor discomfort, point tenderness, and little or no

swelling; there is no abnormal movement in the joint to indicate lack of stability.

First Degree Strain - One or more muscles or tendons are stretched resulting in pain, mild swelling, and minor loss of function

First Responder - First person to arrive at the scene to provide care

Fitness Profile - A synopsis of the results from a personal fitness assessment

Flat - Thin, floating bones. These bones are what make up the skull, pelvis, and ribs; typically protect vital organs

Flexibility - Being able to apply full range of motion movement of a joint

Flexion - Joint moves or bends from anatomical position; the motion of bending a joint resulting in decreased joint angle

Food Guide Pyramid - A diagrammatic representation of recommended portions of the five basic food groups, plus fats and oils USDA: United States Department of Agriculture; responsible for developing and executing U.S. federal government policy on farming, agriculture, and food

Four point gait - Walking with crutches and both legs weight bearing. Injured leg walks with the crutches

Fowler's position - Sitting up at 45-degree angle

Fracture - Break or disruption of bone, an injury to a bone where the tissue of the bone is broken; a partial or complete break may occur

Frequency - How often physical activity is performed

Friction Massage - Applying deep tissue pressure using a finger, elbow, or thumb

Frontal/coronal plane - Dividing body into anterior and posterior parts

Frostbite - Prolonged exposure to cold temperatures can cause tissues to freeze and may lead to tissue death

Full return to play - The release of the previously injured athlete to full return to practice and competition without restrictions

Functional Training - Training the body to perform activities of daily life

G

Gait cycle - Components of walking process

Gait - Action of walking

Genu valgum - Knock-kneed

Genu varum - Bow-legged

Gliding - Occurs when flat surfaces move against each other which allow sliding or twisting without any circular movement; for example carpals and tarsals

Goal Setting - Identifying defined specific objectives

Goniometer - Tool used by clinicians to measure a patient's

ROM; similar to a protractor in math

Good Samaritan Laws – a law that protects people who provide reasonable aid to an injured person in an emergency situation

Greater Trochanter - Large bone prominence on lateral side of proximal femur

Greenstick fracture - Incomplete fracture found mainly in young populations: A bone fracture that is incomplete and partially bent; an incomplete break in soft bone, similar to a green twig bending but not breaking; mostly in young populations

Gross negligence - A step beyond negligence; failure to provide minimal

H

Hamstring strain - An injury to the muscle on the posterior thigh involving stretched or torn fibers; also known as a “pulled muscle”

Head of femur - Round boney prominence at proximal end of femur

Health - The combination of physical, mental/emotional, and social well-being

Health/wellness - Intellectual, social, emotional, physical, and spiritual balance

Heart (Cardiac) Disease - Leading killer of people in United States. Caused by lifestyle factors and/or genetics.

Heart - Pumps the blood to all parts of the body

Heat Cramps - Involuntary muscle contractions that are caused by a combination of dehydration and fatigue

Heat Exhaustion - Condition in which the victim appears exhausted due to dehydration and fatigue. Victim may sweat, complain of dizziness, nausea and headache

Heat Illness - Rise in body temperature that can cause heat cramps, heat exhaustion or heat stroke and can result in death

Heel and Lace Pads - Foam or polystyrene pads often coated with Vaseline or skin lube and applied to the athlete’s heel and lace areas when taping the ankle; intended to reduce friction in the heel and lace areas in order to prevent blisters due to tape rub

Hema or hemo - Root word meaning blood

Hematoma - Collection of blood in an area; a closed wound in which bleeding under the tissues results in a swollen area or a ‘goose egg’

Hematuria - Blood in urine

Hemopoiesis - Red blood cell manufacturing

Hemorrhage - Bleeding

Hemothorax - Collapsing lung caused by bleeding in the pleural cavity

Hernia - Protrusion of tissue through a connective tissue

Herpes Simplex - A strain of virus that is associated with skin and mucous membrane infection

Hinge joint – A joint between two or more bones when a convex projection on one bone fits into a concave depression in another, allowing flexion and extension; examples include ankle, elbow and knee

Hip flexor strain - An injury to the muscles that produce hip flexion located on the anterior hip and thigh; also referred to as a “pulled” hip flexor

Hip Spica - The ace bandage wrapping procedure for groin and hip flexor injuries

HIPPA - Health Insurance Portability and Accountability Act; makes sharing of patient information with unapproved individuals a crime; a federal law to protect the confidentiality of an individual’s medical records

History - A series of questions asked to determine the nature and location of the injury

HMO - Health Maintenance Organization; a health service plan that provides care for its members in a central health center

Homeostasis - Maintaining a constant internal environment; normal operating level

HOPS - History, Observation, Palpation, Stress Tests; method of injury/illness assessment documentation; a system of injury evaluation based on history, observation, palpation and stress tests

HOSA - Health Occupations Students of America-Career and Technical Student Organization for students involved in CTE classes

HR - Heart rate (beats/minutes)

HRR - Heart rate range (MHR-RHR) or functional capacity

Hydr/o – Hydrotherapy

“**Hyper**” - prefix meaning more/higher; above, excessive, beyond

Hyperesthesia - An increased sense of feeling

Hyperextension - Extension of a joint beyond its normal range of motion; a force that causes a joint to extend beyond normal anatomical limits

Hyperflexion - Flexion of a limb or part beyond the normal limit

Hypermobility - A condition in which an individual joints can move beyond normal anatomical limits

Hyperthermia - Heat illness; elevated body temperature

Hypertrophy - Muscle growth; an increase in the size of muscle cells

Hyperventilation - Rapid shallow breathing caused by physical or emotional trauma. May cause tingling/numbness into fingers and toes

“**Hypo-**“ Prefix meaning less/lower; under, deficient, below

Hypoesthesia - A decreased sense of feeling

Hypothermia - Cold illness

Hypothesis - An assumption or prediction about a behavior or occurrence that can be tested

Hypoxia - Lack of oxygen

I

Idiopathic - Unknown cause

Immobilization - When an athlete's injury is prevented from free movement through the use of a cast, brace, sling, or splint in order for adequate healing to occur

Impacted fracture - An injury sustained when the broken ends of the bone are forced together, usually along its long axis, by the impact of the injury, often the result of a fall from considerable height

Impinge - To come into contact with a nerve or disk causing a pinching action

Implied consent - In the case of an unconscious victim, the law states you may provide care regardless of obtaining consent

Incision - Cut with clean edges; a cut with clean edges made by a sharp instrument

Indication - Appropriate for patient use

Insulin - Biotechnological medicine that treats diabetes

Infection - Invasion of the body by pathogenic microorganism

Infection signs - Swelling, heat, redness, pus, loss of function

Inferior - Body part being located below another structure

Inflammation signs - Swelling, heat, ache, redness, pain

Inflammation - Process of exposing food to gamma rays to kill bacteria and microorganisms

Injury mechanism - Specific causes of injuries; etiology

Injury prevention - Methods that decrease the likelihood of injuries

Insertion - Where muscle attaches, usually distally, and where movement occurs

Intensity - The degree of effort required to complete a physical activity; how hard physical activity is performed

Intercondylar Notch - An indentation in the distal femur between the rear surfaces of the medial and lateral epicondyle where the anterior cruciate ligament descends

Intercostal - The area between each of the ribs

Intermittently - Alternating, stopping and beginning again

Internal Bleeding - A closed wound that can become fatal due to excessive bleeding

Internal rotation - Rotating towards midline of body; movement of an extremity toward mid-line

Intervertebral Disc - Cartilage cushioning between vertebrae

“Intra-“ - Prefix meaning inside

Intracondylar - Bone that is between two condyles, usually at the

distal end of a bone that forms a hinge joint

Intrinsic motivation - Gain through positive emotional experience

Inversion - Rotate foot medially

Ipsilateral - Same side

Irregular - Complexed shaped bones that protect internal organs-vertebrae, mandible, sacrum

Ischemia - Insufficient blood supply to an organ

Isokinetic - Contraction of muscle through ROM with varied resistance and fixed velocity; a muscle contraction where maximum resistance is applied and speed is kept constant through a full ROM

Isometric - Contraction of muscle without ROM; a muscle contraction with little or no movement occurring

Isotonic - Contraction of muscle through a ROM with fixed resistance; a muscle contraction with movement, usually lengthening and shortening

“-itis“ - Suffix meaning inflammation

J

Jaundice - Yellow discoloration of skin and/or eyes; usually related to liver/gallbladder dysfunction

Joint - Where two or more bones make meet; an articulation

K

Kehr's sign - Radiating pain in the left shoulder and arm resulting from an injury to the spleen

Kinesiology - Study of human movement

Kyphosis - Curvature of thoracic spine, hunchback

L

Laceration - Cut with jagged edges; a jagged, irregular wound created by a non-cutting object

Lateral - Located further from the midline of the body; to the side; bilateral

Lateral Malleolus - Distal end of fibula that forms the lateral ankle bone

Lateral recumbent - Side-lying

Laxity - Looseness; abnormal movement

Legal obligation - Job description says you must provide care

Lesion - Organ or tissue damage-could be a wound or abscess

Lesser Trochanter - Smaller boney prominence on medial aspect of proximal femur

Leukocytes - White blood cells: fight injury/infection

Licensure - A type of legal regulation

Life threatening conditions - Conditions in which a person can

die from including breathing emergencies, no signs of life, chest pain, severe bleeding, shock, unconsciousness, anaphylaxis, stroke, etc.

Little League Elbow - Medial elbow epicondylitis

Long bone – Hard, dense bones that may have large amount of spongy bone at the ends or extremities and provide strength, structure and mobility; examples include: humerus, radius, ulna, femur, fibula, and tibia

Longitudinal fracture - An injury that occurs along the axis of the bone in which a bone is split along its length, usually resulting from jumping from a height and landing so force is transmitted along the long axis of the bone

Lordosis - Curvature of lumbar spine; excessive anterior curve of lumbar spine

Lower extremity - Composed of thigh, leg, ankle, foot, and patella

Lumbar - The five vertebrae that make up the low back

Lymphocytes - Pathogen-killing cells

M

Malnutrition - Lack of proper nutrients in the diet

Malocclusion – Teeth do not align

Malpractice - Failure of a medical practitioner to render proper services through improper, illegal, or negligent professional activity or treatment, especially when injury or loss occurs

Manual resistance - Using a partner to provide resistance through a motion

Massage - Intentional and methodical kneading and stroking of soft tissues

Maximum Heart Rate - Highest beats per minute a person's heart can achieve

Mechanism - How the injury occurred

Medial - Located closer to the midline of the body

Medial Malleolus - Distal end of tibia that forms the medial ankle bone

Medicaid - Government program of medical insurance for persons of all ages within certain income limits

Medicare - Government program of health insurance for qualifying citizens aged 65 or older

Meniscus - Crescent shaped cartilage between the femur and tibia, act as a stabilizer and shock absorber

Metabolism - Process by which the body breaks down substances and gets energy from food

Metacarpals - The 5 long bones of the hand, between the carpals and the phalanges

Maximal Heart Rate (MHR) - Maximal heart rate (220-age)/highest beats per minute a persons' heart can achieve

Mid-Sagittal or Median plane - Divides the body into equal left

and right parts

Minerals - Inorganic element essential to nutrition of humans, animals, plants

Mitochondria - Organelle inside a cell that is responsible for energy production and cellular respiration; powerhouse

Mobilization - To put into movement

Modalities - Treating injuries using heat, cold, ultrasound, or electric stimulation

Modality - Therapeutic agent or tool that can enhance the healing process: treating injuries using heat, cold, ultrasound, or electric stimulation

Mononucleosis - Increase in white blood cells; Epstein Barr virus that also causes spleen to enlarge

Morals - Beliefs based on a person's ideas of what is right and wrong

Motivation - Internal state or condition that serves to activate or energize behavior and give it a direction

Motor learning - Skilled movements that are increased through practice

Motor unit - Motor nerve and all the muscle fibers it stimulates

MRSA - Methicillin Resistant Staphylococcus Aureus infection that is resistant to most antibiotics

Mild traumatic brain injury (MTBI) - Mild traumatic brain injury, not necessarily life threatening, but can cause physical and mental

problems

Muscle contusion - An injury caused by an impact to the muscle which results in discoloration due to a disruption of circulation in the area

Muscle cramp - Involuntary contraction of a muscle, resulting in pain and inability to move; a cramp is caused by a lack of minerals or water

Muscle spasm - Involuntary contraction of a muscle resulting in pain and inability to move; a spasm occurs as a result of trauma

N

Narcotic – Pain reliever usually derived from opiates

National Athletic Trainers' Association (NATA) - The professional membership organization for Athletic Trainers

National Operating Committee on Standards for Athletic Equipment (NOCSAE) - A United States Federal Government agency responsible for testing and certifying the effectiveness of protective sports equipment

Neck of femur - Bony bridge between head of femur and proximal shaft of femur

Necrosis - Tissue death

Negligence - Not providing appropriate care/direction or not doing anything at all to prevent injury/illness; failure to act as a reasonably prudent person would

Nerve Root - Opening on the lateral side of vertebrae where

peripheral nerves leave the spinal column

Neural - Affecting nerve

Neuromuscular control - Muscles ability to respond to environmental changes

Non-capital purchases - Less expensive items (under \$100)

Non-Elastic Tape - Restricts abnormal or excessive joint movement

Non-expendable - Items that can be used over and over

NSAIDs - Non-steroidal anti-inflammatory drugs

Nutrients - The chemical substances in food that help build and maintain the body

Nutrition - The process by which the body takes in and uses food; the science of food and how the body uses the foods taken in

O

Obese - Having an excess of body fat, a BMI of 30.0 or over

Objective - Concrete, observable and accurate; measureable evidence; information that is record of test measurements; data gained from inspection and information recorded from test measurements; concrete, observable

Oblique fracture - An injury when the break of a bone is on an angle or across the width of the bone, usually occurring when one end is stabilized and the opposite end is twisted

Observation – A visual examination of the injury

Obtain consent - Asking permission to provide care

Occlusive dressings - Air and water-tight coverings

Occupational therapist - Health professional whose goal is to help people achieve independence, meaning and satisfaction in all aspects of their live

One repetition maximum (1RM) - The maximum amount of resistance that can be lifted in one repetition

Open kinetic chain exercises - Free movement of extremities in exercises

Open wound - An injury in which the skin is broken; wound that opens skin and bleeds externally

Origin - Where muscle originates and attaches to bone, typically where movement does not occur

Occupational Safety and Health Administration (OSHA) - Government agency that establishes policies and procedures to protect employees in the workplace

Osteoarthritis - A wearing down of joint cartilage due to repeated wear and tear

Osteoblasts - Bone forming cells; cells that add collagen and minerals to bone: new bone

Osteoclasts - Cells that remove minerals and collagen from bone

Osteology - Study of bones

Osteoporosis - Weakening of bones due to decreased calcium

storage

Otorrhea - Ear discharge; discharge of fluid from ears

Over the Counter (OTC) - Medications that are generally safe for public use

Overlapping strips – When tape is applied so that it overlaps the previous strip by ½ the width of the tape

Overload - Using weights greater than what body systems are used to

Overload principle - Increased demands on the body that cause changes and adaptations

Overweight - Weight that is higher than the standard range for a given height, a BMI of 25.0-29.9

P

Pain - a subjective sensation of nerve signals that are interpreted as unpleasant. Usually a warning symptom that damage has occurred; a symptom or signal that warns of a problem within the body

Palmar - Pertaining to the palm of the hand

Palpation - Using touch to examine; a hands-on approach where the examiner feels for deformity or other abnormal findings

Paraffin - Thermotherapy method of wax mixture of heating fingers/toes

Paraplegia - Paralysis of two extremities

Paresthesia - Abnormal sensations including numbness, tingling, prickling, and burning; tingling sensation or loss of normal sensation

Partial Return to Play - The injured athlete is released to participate in some, but not all practice activities. Restrictions might include contact drills, abrupt changes in direction, over-exertion, etc. Restrictions are dependent on the type and nature of the athlete's injury and the level of rehabilitation progress

Passive Range of Motion (PROM) - Clinician performs motion for the patient

Pathogen - Germ or infection

Pathology - Study of conditions/infections

Peak Flow Meter - Device used to measure the maximum rate of air flow out of the lungs during forced expiration; used by asthmatics to monitor lung function

PEARRL - Pupils are equal, round, and responsive to light

Pelvic Girdle - In the lower trunk of the body, it provides protection for the organs in the lower abdomen.

Percent body fat - The percentage of a person's total weight that is comprised of fat

Percussion massage - Applying repetitive light chopping motions; also known as tapotement

Perioditization - Breaking up strength and conditioning routine into cycles with different goals during each

Peripheral Nervous System – Nerves that are outside of the brain and spinal cord that compose of those in arms, hands, legs, and feet

Permission to treat - Consent obtained from athlete or parent before a medical procedure is performed

Personal Protective Equipment (PPE) - Equipment that forms a barrier between the care giver and victim. PPEs include breathing barriers, gloves, masks, gowns, biohazard containers

Pes Anserine - “Foot of a bird”, the insertion of the semitendinosus, sartorius, and gracilis to the anteromedial tibia

Pes cavus - High arched foot

Pes planus - Flat foot

Petrissage - Kneading or pinching the body tissue between the hands

Phagocytosis - Cells that eat damaged, infected material to clean up: When white blood cells surround foreign substances and destroy them; clean up and digestion of damaged or foreign particles

Phalanges - The bones of the fingers and toes

Pharmacology - Study of drugs; the study of medications and their effects on the body

Phase I - Time immediately following injury or surgery which movement in affected part is limited to ease pain; pain management

Phase II - Time when more vigorous therapeutic action is started including joint range-of-motion, mobility and flexibility exercises

Phase III - Proprioception training where the body relearns to sense the position of its limbs during movement; includes balance

Phase IV - Resistive training to increase muscle strength

Phase V - Endurance training for the affected area as well as the whole body

Phase VI - Sport Specific exercises that gradually lead to full resumption of activity

Photophobia - Light sensitivity

Physical activity - Movement of the body that involves the large muscles

Physical activity readiness questionnaire (PAR-Q) - A common method of assessing a person’s medical and physical readiness prior to starting a physical fitness program through the use of a questionnaire

Physical Fitness - The ability of body systems to perform daily tasks easily and have enough reserve energy to respond to unexpected demands

Physical Therapist (DPT) – A health professional focused on patient rehabilitative who guides patients through specially designed exercises and utilizes equipment to help patients regain or improve their physical abilities

Physiological needs - Physical needs

Physiology - Study of how living organisms function

Pivot - Rounded or conical surfaces of one bone fit into a ring of another bone or tendon, allowing rotation (between axis and atlas of the neck)

Placebo - Substance containing no active ingredient

Plan of Action - Treatment of injury; rehabilitation

Plantar - Pertaining to the sole of the foot

Plantarflexion - Pointing toes; ankle movement in which foot moves toward ground and toes are pointed

Plyometric exercise - Exercise that involves speed, agility, and power; form of conditioning for power and explosiveness

Pneumothorax - Collapsing lung; air in the thoracic cavity due to a collapsed lung

Proprioneuromuscular facilitation (PNF) - Combination of relaxing and contraction of the muscles

Pollicis - Pertaining to the thumb

Post Concussion Syndrome - Persistence of concussion symptoms over an extended time

Post-Traumatic Stress Disorder (PTSD) - Sustained emotional disorder that comes from a traumatic and/or stressful experience

Posterior - Back side; dorsal

Posterolateral - In the combined direction of posterior and lateral movements

Power - The ability to apply force quickly

PPE - Pre-participation exam; physical

Personal Protective Equipment (PPE) - Equipment a person can wear/use to prevent disease transmission; gloves, breathing barriers, gowns, goggles, masks; Pre-participation exam; physical

Progressive resistive exercise-PRE - Exercises that become increasingly more difficult

Pre-participation physical examination (PPE) - A checkup to evaluate a person's health and determine if they are able to participate in sports

Pre-wrap-non-adhesive foam under - Non-adhesive foam under-wrap that is applied prior to the application of athletic tape to protect the athlete's skin from tape irritation

Preferred-provider organization (PPO) - A health service plan that allows members to choose their own physicians and hospitals within certain limits

Prefix – An affix placed at the beginning of a word or stem of a word to modify or change its meaning (Pre means "before.")

Prescription - Medication that must be provided by a physician

Prevention – Practicing health and safety habits to decrease the chance of getting a disease or condition or becoming injured.

PRICE - Protection, rest, ice, compression, elevation: a method of treatment used on injuries

Primary injury - An injury which occurs as a direct result of the stress imposed on the body during a particular sport or activity

Profuse - A large amount

Profuse bleeding - Excessive bleeding

Progressive resistance - Gradual increase in the amount of weight on the muscles

Pronation - Palms and forearms facing down

Prone - Laying on belly: flat facedown

Proper body mechanics - Special ways of standing and moving to make the best use of strength and to avoid fatigue or injury

Prophylaxis - Something that protects or prevents injury/illness

Proprioception - Sense of the relative position of one's body parts and how to move them: the body's awareness of itself to space

Prosthetic - Artificial limb

Protective Equipment - Specialized sports equipment that is used to protect athletes from injury

Proteins - Fuel that builds muscle/tissue; last fuel source 4 cal/g; Organic compound essential in diet for growth & repair of tissue

Protraction - Rolling shoulders forward; movement of a body part forward (mandible, scapulae)

Proximal - Closer towards the trunk of the body: closer to the attachment of the body

Proximate cause - A direct connection between an individual's

actions and an injury to a second person

Psychological dependence - The drive to continue to medicate in order to produce pleasure or avoid discomfort

Psychology - Study of behavior and mental processes

Puncture - An injury which occurs when a sharp pointed object penetrates the skin

Q

Q-angle - The angle formed between quadriceps muscles and the axis of the patellar tendon; also known as the quadriceps angle

Quadriceps contusion - An injury to the group of four muscles of the anterior thigh referred to as the quadriceps muscle usually involving crushed muscle fibers and internal bleeding; also known as a bruise or a "charlie horse"

Quadriceps strain - An injury to the muscle on the anterior thigh involving stretched or torn fibers; also known as a "pulled muscle"

Quadriplegia - Paralysis of all four extremities/limbs

R

Radiating - To spread out in a direction from the center

Radiation - The transfer of heat through space from one object to another

Range of motion (ROM) - The full potential of movement

available at a specific joint; the degree to which muscles and tissue crossing over a joint can flex or extend

Recovery position - Side lying position that victims can be placed in when they are conscious, unconscious but showing signs of life, or going to vomit (conscious or unconscious)

Recreational Drug - A drug that has no medical purpose or is being used in an inappropriate manner

Reduction - Medical procedure to correct improper alignment

Referred pain - Pain that occurs away from site of injury/irritation; pain that starts in one area, but is felt in another area of the body

Repetition - The act of doing or performing again; a complete muscle contraction

Resistance - A force that opposes motion

Resisted ROM (RRROM) - Clinician or other device provides resistance to a patient performing movement

Resting Heart Rate (RHR) - Basal heart rate (beats per minute) with no exertion

Retraction - Pulling shoulders backward; movement of a body part backward movement of a body part

Retrograde amnesia - Loss of memory that occurred before a concussion

Return to play (RTP) - The process an injured athlete goes through in order to safely resume sports competition

Rhinorrhea - Nasal discharge; discharge of fluid from nose

Root - Foundation of the word, central part of a word

Rotation (internal/external) - Movement around a central axis

Routes of Administration - Ways to deliver medicine to body/tissues

Rubidor - Red skin

S

SAC Testing - Standardized Assessment of Concussion used to assess cognitive function

Sacrum - The bottom most segment of the spine which consist of bones that are fused

Saddle - Occurs when the touching surfaces of two bones, which have both concave and convex regions, with the shape of the two bones complementing one another, which allows a wide range of motion (thumb)

Saddle joint – A type of synovial joint where two bones meet when one is concave and the other is convex

Sagittal plane – Divides the body into left and right parts

Specific Adaptations to Imposed Demands (SAID) principle – A principle that states the body will adapt to the stress/demands placed upon it

SAMPLE - Acronym for method of collecting immediate pertinent information of injured victim. Includes signs/symptoms, allergies, medications, previous injury, last oral intake and environment

Scoliosis - Lateral curvature of spine

Scope of practice - Job description or list of job duties

Second Degree Burn - Burn that exhibits blisters and may scar

Second degree sprain – A moderate tear in muscle tissue causing swelling, pain, bruising, and loss of function due to damage of one or more ligaments

Second impact syndrome (SIS) – Rapid brain swelling resulting from a subsequent blow to a person experiencing concussive symptoms that causes further trauma

Secondary Injury - Other injuries associated with an original injury due to collateral damage, inappropriate care, infection, or returning to activity too soon; an injury which is caused by improper care of the original injury

Serrated fracture – When two ends of a broken bone have sharp jagged edges or a saw tooth appearance and rub against each other

Sesamoid - Short bone: patella. Free floating bone under a tendon (https://en.wikipedia.org/wiki/Sesamoid_bone)

Set – A given number of repetitions

Shearing force - When forces moving across the parallel orientation of fibers in opposite directions causing a breakdown or tearing of tissue

Shin splints - Referred to as medial tibial stress syndrome; a catch-all term that refers to pain in the anterior portion of the lower

leg

Shock/hypo perfusion - Inadequate blood volume

Short bone - Roughly cube-shaped bones with vertical and horizontal dimensions approximately equal generally located in the hands and feet and consisting primarily of spongy bone

Shoulder Girdle – Connects upper limbs to the bones of the axis of a body and have a great degree of mobility which requires compromise in stability and thus is highly susceptible to injury; also known as a pectoral girdle

Shoulder sling - A method of restricting range of motion and/or to immobilize an injury to the upper extremity

Shoulder Spica - A figure-8 pattern completed with an elastic wrap or cast intended to minimize movement of the shoulder after injury or surgery

Side Effects - Physical effects on the body other than the expected reactions

Sign - Observable condition of injury/illness; objective evidence that can be measured or felt

Signs of Circulation - Checking that blood is still circulating. Check for feeling, warmth of skin and color of skin

Signs of life - Any physical sign that would lead a rescuer to believe a victim has an airway and is breathing/circulating blood. This could also be body movement or sounds

Skeletal system - Material that completes or enhances an animal's diet

Skeletal - Attached to bones and moves the skeleton. It is a striated muscle (banded). Voluntary muscle

Skin caliper - A device that measures the amount of thickness underneath the skin

Skin Lube - A petroleum based product topically applied to heel and lace pads or skin areas in order to reduce friction and prevent blisters

Skinfold measurement - Estimating body fat by measuring the layers of fat under the skin

Skull - Boney framework of the head

Slant board - Tool used for stretching of Achilles/calf muscles

Straight leg raise (SLR) - When there is a lower extremity injury, this ROM is performed at the hip to prevent knee ROM

Smooth - Muscle tissue is located in the walls of the hollow internal structures such as blood vessels, the stomach, intestines, and urinary bladder

SOAP - Subjective information, Objective Information, Assessment, Plan of action; an organized method of recording the findings of an injury evaluation; an acronym for subjective findings, objective findings, assessment and plan

Solar plexus - A group of nerves in the upper part of the abdomen that control breathing

Somatic Nervous System - Controls your voluntary action

Spasm - Involuntary muscle contraction; similar to a cramp; an intense involuntary muscle contraction secondary to injury. Often

viewed as the injured body part's attempt to splint itself to prevent further injury

Spastic - Tight, immobile

Spearing - Athlete uses top of helmet to hit another athlete

Specificity - A theory that training should be relevant to what the desired results; the specific type of exercise determines the physical benefits

Speed - The ability to move the body in one direction as fast as possible

Sphygmomanometer - Blood pressure cuff

Spinal Cord - Portion of the central nervous system that is contained within the vertebral foramen

Spine Boards - Flat rigid board used to transport any suspected spinal or back injury

Spinous Process - Posterior portion of vertebrae

Spiral fracture - A complete fracture or injury which wraps along the length of the bone; occurring due to rotational, or twisting force; also known as a torsion fracture

Splint - Stabilization; a method of immobilizing an injury

Spondylolistheses - Fracture and slippage of vertebrae

Spondylosis - Degeneration of the vertebrae

Sport Concussion Assessment Tool (SCAT5) - Standardized tool used to evaluate concussions

Sport specific function - The athlete's ability to demonstrate skills and movement required in the sport they play

Sports psychology - Study of activity and mental factors influencing performance

Sprain - Stretch or tear of ligament: Stretching and tearing of a ligament or joint capsule; a stretching or tearing of the joint, capsule, or ligament, resulting in a 1st, 2nd, or 3rd degree injury

Stability balls/balance balls - Air filled ball used for stability, proprioception, and strengthening

Stacking - Taking multiple substances to enhance desired effect

Static - Not moving; holding still

Static stretch - Applying a pain free ROM using a slow maintained stretch

Static stretching - Hold stretch position for a period of time

Stem cells - Cells produced in bone marrow that can become new blood, heart, bone or brain cells

Strain - A stretching or tearing of a muscle or tendon, resulting in a 1st, 2nd, or 3rd degree injury

Strength - The ability to exert force

Stress - Non-specific response of body to demands placed on it; the reaction of the body and mind to handle everyday challenges and demands

Stress fracture - Fracture that develops over a period of time due

to overuse, disordered eating, or osteoporosis

Stress Tests - A series of tests to check range of motion and the degree of function of tissues at a joint

Stretchers - Used to move individuals that do not have possible spinal or back injuries

Stride length - How long a step is

Stroke - Lack of blood to the brain due to a clot or vessel breakage. Demonstrates symptoms on one side of body

Subchondral - Below the cartilage

Subcutaneous fascia - Innermost layer of skin

Subjective - Estimate; non-observable information; estimate, non-measurable; descriptive evidence; detailed information about the history of injury and athlete; chief complaints and reported symptoms; estimate, non-observable

Subjective measurement - Estimate, non-observable measurement

Sublingual - Under the tongue

Subluxation - When bones at a joint separate before moving back into place; a partial disunion of the bones in a joint

Substance Abuse - The wrongful use of a legal or illegal substance

Subungual - Under the nail

Suffix - End of the word that modifies the meaning of the word

Superficial - Close to skin

Superior - Situated above another, or towards the head

Supination - Palms and forearms facing up

Supine - Lying on back

Supplies - Items that are not reusable; inexpensive items that generally are replaceable

Supracondylar - The area of a bone that is directly above the condyles, so just proximal to the joint

Symptom – A patient reported condition that is subjective evidence including a self-reported description of what the athlete is feeling and experiencing

Synarthrosis - Non-movable joints

Syncope - Fainting

Synovitis - Inflammation of a joint causing increased synovial fluid production

Synthesis - Development

Systolic pressure - When ventricles contract; the top number of a blood pressure reading

I

Tachycardia - Rapid heartbeat

Taping Base - A sticky adhesive spray or liquid applied to an

athlete's skin prior to the application of athletic tape, bandages, or pre-wrap in order to keep the tape or bandage in place by preventing slippage; commonly known as "Tuff-skin" or "QDA"

Target Heart Rate (THR) – A heart rate that is 55%-85% of maximum heart rate used as a guide when exercising

Tendinitis - Inflammation of a tendon

Tennis Elbow - Lateral elbow epicondylitis

Tension force – Resistance of a structure, tissue, muscle, etc. to stretching or tearing causing tissue tearing or rupturing and often resulting in a muscle strain

Thenar eminence - Intrinsic muscles of the thumb that include the abductor pollicis brevis, flexor pollicis brevis, opponens pollicis, and the adductor pollicis

Theory - Set of assumptions used to explain behavior

Therapeutic - Referring to treatment; healing action

Therapeutic Drug - A drug that has a medical purpose

Therapeutic Ultrasound - A modality using soundwaves to penetrate tissues for healing

Therapy - Treatment using a type of heat

Thermotherapy – Treatment using a type of heat

Third Degree Burn - Burn that can damage tissue all the way to the bone. Needs medical attention

Third Degree Sprain - One or more ligaments are completely torn

causing a loss of function, point tenderness, rapid swelling, and pain; a complete tear of a muscle resulting in either severe or no pain, decreased or increased range of motion, moderate to severe swelling, and obvious deformity

Third party payer - Group other than the patient (1st party) or health care provider (2nd party) that pays for health services

Thoracic - Pertaining to the chest region of the body

Thorax - Chest and upper trunk region; the chest; the part of the body located between the neck and the abdomen

Three point gait - Walking with crutches and one weight bearing leg

Tibial Tuberosity - Boney protrusion where the patellar tendon inserts

Tinea - Common name given to many superficial fungal infections of the skin; fungal infections

Tinnitus - Ringing in ears

Topical - Applied to skin; placed on skin

Torsion - Twisting force

Traction Apophysitis - Swelling and irritation at the apophyseal area of immature bone due to repetitive traction force

Transcutaneous electrical nerve stimulation (TENS) - Targeting a sensory nerve by applying electricity to decrease pain

Transition - The process or a period of changing from one state or condition to another

Transitory - Not lasting, temporary

Transverse fracture – An injury caused by a direct blow and occurs in a straight line, at a 90-degree angle to the bone shaft

Transverse Process - Lateral portions of vertebrae

Transverse/horizontal plane - Dividing body into upper and lower halves; divides the body into upper and lower halves

Traumatic Brain Injury (TBI) - Caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Sometimes referred to as a concussion, TBI can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth

Triage - Process of determining the order to treat patients

“-trophy” - Growth or development/nourishment

Trunk - Mid-portion of body excluding arms, legs, and head

U

Upper Body Ergometer (UBE)- Upper body exerciser--- bike motion for the arms

Ulcer - Sore or wound; A deep loss of skin that may extend into dermis; tissue that has been eroded

Ultrasound - Using sound waves to penetrate tissues for healing

Undernourished – Consuming insufficient food to keep a healthful body weight and activity level

Underweight - Below the standard weight range for your height, also carries health risks

Unhappy Triad - Tearing of the anterior cruciate ligament (ACL), medial collateral ligament (MCL) and the medial meniscus; also known as the terrible triad or blown knee

Unilaterally - To one side

Universal or standard precautions - Equipment and procedures used to decrease chance of disease transmission; practices of control to protect people from exposure to blood and other infectious materials

Upper extremity - Composed of arm, forearm, and hand

V

V-Fib – Abbreviation for ventricular fibrillation; abnormal heart rhythm and disorganized electrical activity causing the heart chambers to not fill and blood to not circulate

V-Tach - Ventricular tachycardia is where the heart is producing a very fast electrical contraction that does not allow the chambers of the heart to fill with blood. Blood will not circulate and the victim will be in cardiac arrest

Valgus stress - Force applied to the lateral side; a force that bends a joint to the side in an inward direction. Also referred to as abduction force mechanism; a force that bends a joint to the side in an outward direction. Also known as adduction force mechanism, associated with an MCL sprain/tear

Varus stress - Force applied to medial side; Stress applied to the

medial aspect, associated with an LCL sprain/tear

Vascular - Blood flow related

Vasoconstriction - Blood flow closed down as vessels squeezed shut; blood vessels become narrow and limit flow

Vasodilation - Increased blood flow by opening up; blood vessels widen to increase flow

Veins - Carry blood back to heart

Velocity - Speed; distance/time

Ventral - Front side

Ventricle - Lower chamber of the heart

Venules - A small blood vessel that allows deoxygenated blood to return from the capillary to the larger blood vessels called veins

Vertebrae - The bones making up the spinal column

Vertebral Foramen - Hole or space where spinal cord runs

Vesicle - Blister, or fluid-filled sacs less than 1 cm in diameter just below the epidermis; blister-type eruptions on skin

Vibration massage - Causing the tissue to shake vigorously

Virus - An infection that is treated by symptoms, not antibiotics, and can remain dormant for some time

Vital signs - A measure of the body's functions that are necessary for life, such as breathing, heart rate and body temperature

Vitamins - Organic substance that is fat or water soluble essential for normal growth & activity of body

W

Water - Essential nutrient for body function; produces fluids such as urine, perspiration, tears, saliva

Wellness - The state or condition of being in good physical and mental health; an overall state of well-being, or total health

Wobble board - Tools used in strengthening and proprioception that provide an unstable surface

Wolff's Law - Bone will adapt to stresses being placed upon it by changing size, shape or structure

X

Y

Z