



Real World Problem Scenario

Scenario:

Recurrent Sprains

Business:

Memorial Health System

Business Participant:

Beth Schwendeman - Director Outpatient Therapy Services

Career Cluster(s):

Health Science

Grade Level:

9-12

Standards & Skills:

Physical Education. Standard 5: A physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

AP.SM.2 Skeletal System

AO.SM.3 Muscular System

Problem Description:

You are a physical therapist. You are presented with a 15 year old female basketball player, guard position, with recurrent ankle sprains. The most recent ankle sprain was within the last month, resulting in her 4th ankle sprain this season. Your patient is 5'3 tall, and 179 pounds with a history of right patellar dislocation from last season. Develop a plan of care for this student to be able to return to the game healthy and prevent them from future injuries.

Things to be considered or defined for the solution:

- Nutrition
- Injury prevention
- Common sport specific injuries



- Rehabilitation/consequences of noncompliance with rehabilitation

