

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 4 Beginning: January 27 th , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	Objective: Review the physiological effects of heat Explain the indications and contraindications of heat Discuss the advantages and disadvantages of specific heat modalities Lesson Overview: L 5 Thermotherapy w/ lab .ppt - L 6 Thermotherapy Lab.	Academic Standards: 8.1 8.2 8.3 8.4
	Notes:	Objective: Describe the process of contrast bath therapy Justify the use of cryokinetics Explain how ultrasound works List the indications and contraindications for using ultrasound Justify the need for an ultrasound treatment Lesson Overview: L 7 Contrast Therapy and Cryokenetics.	Academic Standards:
	Notes:	Objective: Describe the process of contrast bath therapy Justify the use of cryokinetics Explain how ultrasound works List the indications and contraindications for using ultrasound Justify the need for an ultrasound treatment Lesson Overview: L 8 Ultrasound.ppt	Academic Standards:
	Notes:	Objective: Describe the various massage strokes List the indications and contraindications for massage Select the correct massage stroke based on desired therapeutic effects Correctly perform each massage stroke Lesson Overview: L 9 Therapeutic Massage.pptx	Academic Standards: 8.1 8.2 8.3 8.4
Tuesday			
Wednesday			
Thursday			

Friday	Notes:	<p>Objective:</p> <ul style="list-style-type: none"> Describe the various massage strokes List the indications and contraindications for massage Select the correct massage stroke based on desired therapeutic effects Correctly perform each massage stroke <p>Lesson Overview:</p> <p>L 10 Electrical Stimulation.ppt</p>	<p>Academic Standards:</p> <ul style="list-style-type: none"> 8.1 8.2 8.3 8.4
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