

Benjamin Franklin High School
Intro to Sports Med
Final SOS

Dermatology Conditions to Look Over

(will be 3 on final)

- ✓ Herpes Simplex Virus
- ✓ Molluscum Contagiosum
- ✓ Impetigo
- ✓ Tinea Corporis
- ✓ Acne
- ✓ Scabies
- ✓ Chicken Pox

Primary Muscles w/ Actions

- ✓ Hip Flexion: Iliopsoas
 - ✓ Hip Extension: Gluteus maximus
 - ✓ Hip abduction: Gluteus minimus
 - ✓ Knee flexion: hamstrings
 - ✓ Knee extension: quadriceps
 - ✓ Ankle dorsiflexion: tibialis anterior
 - ✓ Ankle plantarflexion: calf muscles
 - ✓ Ankle eversion: peroneal
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Abbreviations

Athletic training room	No/ not
Athletic trainer	Patient
Partial weight bearing	Medial
With	Negative
Chief complaint	Positive
Pain	Treatment
Ankle	Twice a day
Evaluation	History
Point tenderness	

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Positive Special Tests

Pain and/ or Laxity:

- ✓ Anterior drawer (knee and ankle)
- ✓ Posterior drawer
- ✓ Lachman's
- ✓ Valgus
- ✓ Varus

Pain:

- ✓ Crank
- ✓ Grind
- ✓ Hawkins's Kennedy
- ✓ Neer
- ✓ Talar Tilt
- ✓ Kleiger's

Visual:

- ✓ Trandelenburg
 - ✓ Pes planus
 - ✓ Pes cavus
 - ✓ Ely's
 - ✓ Thomas
 - ✓ Thompson
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