

Benjamin Franklin High School
Intro to Sports Med
Final Review Sheet

Name: _____

Due: Wednesday May 16, 2018

Score: _____ / 27

We will go over the review-sheet on Friday to make sure you all have the correct answers for your final. Below are a few review questions to help you for the final. Your previous quizzes/ study guides will also be helpful. In addition to the following questions, be sure to be familiar with abbreviations, dermatological conditions and SOAP notes.

1. List the cranial nerves
2. List the carpal bones
3. List the tarsal bones
4. Where does the IT band connect on the tibia?
5. What muscle is the primary hip extender?

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15. List the hamstring muscles.
16. What motion does the ACL prevent?
17. What muscles make up your calf?
18. What part of the pelvis do you sit on?
19. What condition does the Speed's test test for?
20. Differ between pes planus and pes Cavus.
21. What special test checks for rectus femoris tightness?
22. What is the most common shoulder injury?
23. Where do the hamstrings originate?
24. What carpal is most commonly injured?
25. What is another name for a high ankle sprain?

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26. What does the calcaneonavicular ligament do?

27. Do you need a mechanism of injury to have a concussion?