Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week 2 Beginning: 3/25/2024
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
Monday	Notes:	Objective: Define therapeutic modalities List the basic types of modalities Explain the purposes of modalities Explain general indications and contraindications Lesson Overview: L 1 Intro to Modalities.ppt L 2 Thermal Modalities.ppt -	Academic Sports Med CTE Standards: 8.1 8.2 8.3 8.4
Tuesday	Notes:	Objective: Review the physiologic effects of cold Explain the indications and contraindications of using cold Discuss the advantages and disadvantages of cold modalities Lesson Overview: L3 Cryotherapy.ppt - L4 Cryo Therapy Lab.ppt	Academic Sports Med CTE Standards: 8.1 8.2 8.3 8.4
Wednesday	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 Sports Med CTE Standards: 8.1 8.2 8.3 8.4
Thursday	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. L 8 Ultrasound.ppt	Academic Sports Med CTE Standards: 8.1 8.2 8.3 8.4

Friday	Notes:		Academic Sports Med CTE Standards: