

STUDY TIPS

Common Musculoskeletal Diagnoses and Definitions

It is important to have an understanding of common injuries that you may encounter, primarily because one should have an informed working knowledge of how conditions are treated. Patients will ask you questions on what differentiates a sprain from a strain for example, and the more you know the better you are able to educate them.

APPLY YOUR KNOWLEDGE

Multiple Choice

Using your knowledge from what you read in the text, read the following case scenarios and determine which injury is being described. (Multiple Choice)

1. Joey plays soccer for his high school team. While running with the ball towards the goal he inverted his ankle and fell to the ground. There was immediate swelling and when he tried to walk he was unable to put his weight on it. What injury did Joey most likely suffer?
 - a. bruised shin
 - b. sprain/strain of the knee
 - c. sprain/strain of ankle
 - d. tendonitis