

## **Sports Medicine**

### **Competitor Scenario:**

You are working in the HOSA Sports Medicine Clinic. Your patient is L. John who is 17 years old. You are to demonstrate to your patient flexibility exercises. When you have completed the demonstration you are to tape the arch of the right foot of the patient due to complaints of pain described as “walking on fire”.

### **Skills to be performed:**

Skill I: Flexibility Exercises

Skill III B: Taping-Arch

**Combined – 10 minutes to complete both skills**

### **Judge Script:**

**Flexibility exercises to be performed:**

Anterior deltoid stretch

Posterior deltoid stretch

Triceps stretch

Wrist stretch

Low back stretch (one knee)

Cat stretch

Hip flexor stretch

Groin stretch (butterfly)

Soleus stretch

### **Patient Script:**

You are L. John. You are 17 years old. The competitor will demonstrate flexibility exercises for you and then will tape the arch of your right foot. Describe the pain in your foot as “walking on fire”.

Answer all questions appropriately.