

# Shoulder Injury 1

## Scenario

Tim was playing tennis with Tom and the game was close and in the fifth set Tim had match point. He wanted to win the game with an ace serve so with all his strength he hit the tennis ball as hard as he could. On the final impact of the racket on the tennis ball Tim felt a severe pain in his shoulder and dropped his racket immediately. He couldn't move his arm as it was so painful.

**Can you model the movement of a tennis serve on the shoulder joint model?**

**What do you think Tim has done to his shoulder?**

# Shoulder Injury 2

## Scenario

Rachel was about to play her weekly game of badminton with her friends Nigel, Tom and Sarah. But as they were warming up Rachel realised she didn't have much movement in her arm and couldn't lift it above her shoulder.

**How high can you lift your arm?**

**What part of Rachel's shoulder do you think she has damaged?**

# Ankle/Foot Injury 1

## Scenario

Susan was jogging along an uneven woodland path admiring the beautiful scenery as she ran. She did not notice the tree root which stepped on and lost her footing.

**What do you think Susan has done to her ankle?**

**What part of her ankle may she have damaged?**

# Ankle/Foot Injury 2

## Scenario

David was playing football and as Wayne went to tackle him he missed the ball and stamped on David's foot with his studded boot. David screams in pain and falls to the floor grabbing his foot.

**What injury do you think he could have?**

**What part of his foot do you think he has damaged?**

# Knee Injury 1

## Scenario

Peter hasn't played squash for 10 years he had to give up a while ago as he was getting a lot of knee pain after playing, but his colleague David has challenged him to a game so he is going to play again. After 20 minutes of playing squash Peter has to stop. His knees are painful and although he can walk it is a bit painful to do so.

**What do you think is wrong with Peter's knees?**

**Do you think his injury has occurred suddenly or has gotten worse over time?**

# Knee Injury 2

## Scenario

Jenny was playing volleyball and jumped up to spike the ball into the opponent's court. When Jenny landed from her powerful spike she violently twisted her knee and fell to the floor gripping her knee and in agonising pain. She thought she heard a popping sound as she landed and found it very hard to put any weight on her knee. After a short time Jenny's knee began to swell up around the joint.

**Can you demonstrate the twisting movement on the model of the knee?**

**What part of her knee do you think she has damaged?**