

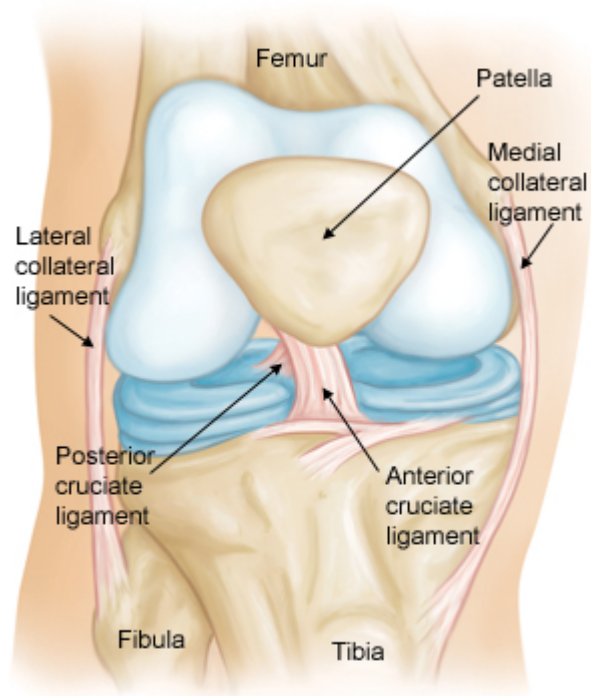


P.O.W.E.R. Final Case Study Due the day before finals. \_\_\_\_\_

Students will choose a health related topic of their choice, find 6 sources about that topic, and design a case study that other students will take as part of their final for this class. Use the template below to complete the case study. Students will be assessed on the general gifted rubric.

Final Part 1: 90 points design a case study. Part 2: 10 points review other case studies.

Topic/Title:	Torn ACL
Essential Question	How serious and how physically derailing is the injury?
2 learning objectives	<i>I want my students to learn how bad of an injury a torn ACL is and what it does to a player even after they heal from it.</i>
Narrative to set up the problem <b>part 1</b> (120 to 150 words)	<i>Set up an intriguing story. Derrick was such an amazing basketball player before the accident. One day Derrick was practicing with his friends and they decided to play a little 5 on 5 game. During the game Derrick went on to a fast break and decided to pull a little jump stop since he had defense following him. When Derrick landed he felt and heard a large pop come from his knee. He immediately dropped to the floor in pain. Within a couple hours Derrick was in the hospital consulting a sport doctor. The sports doctor talked to Derrick about what had happened to his knee was a torn ACL. He explained to him that when he jump stopped that his knee bent to far to the left which caused his knee tear a ligament which meant to him the he tore his ACL. The doctors gave him the option to either have surgery that would stop him from playing for about 2 months but Derrick ha a big tournament coming up in two months as well so now he had to choose what he would want to do for treatment.</i>
4 questions to part 1.	<i>Content questions.</i> 1. Should Derrick get the surgery? 2. Should he play in the tournament? 3. Can he do any home healing that can heal it over time. 4. What will the surgery require to be done to Derrick?
Narrative to set up problem <b>part 2</b> (120 to 150 words)	<i>expansion/ critical thinking - present a problem to solve.</i> Derrick now had two things to either decide. The doctor asked Derrick when the date of his tournament was and he told him that it was a week before the 2 months of recovery would be complete. The doctor told him that he might be able to play if he takes it really easy while he is playing and to not do anything extrenuous while playing. The surgery began with the doctor making incision into his knee to take ligaments so that he could replace the ones that were torn. After the surgery he was restricted to his bed for a couple of weeks. A month and 3 weeks passed and now the doctor told him what he can and couldn't do. During the game Derrick had to decide how far he was going to push his injury.
3 questions for part .	<i>expansion/ critical thinking questions. May have two sides or even more than one answer.</i> 1. What should he do? 2. Should he push the injury further? 3. Should he play it safe about his injury?
List of 6 resources (Hyperlinked)	<i>These are the sources your students will use in order to answer the questions.</i> 1. <a href="http://www.webmd.com/a-to-z-guides/anterior-cruciate-ligament-acl-surgery">http://www.webmd.com/a-to-z-guides/anterior-cruciate-ligament-acl-surgery</a> 2. <a href="http://www.sports-injury-info.com/symptoms-of-a-torn-acl.html">http://www.sports-injury-info.com/symptoms-of-a-torn-acl.html</a> 3. <a href="http://www.mayoclinic.com/health/acl-injury/DS00898/DSECTION=treatments-and-drugs">http://www.mayoclinic.com/health/acl-injury/DS00898/DSECTION=treatments-and-drugs</a> 4. <a href="http://www.ihoops.com/training-room/strength-and-conditioning/What-to-Expect-After-a-Torn-ACL.htm">http://www.ihoops.com/training-room/strength-and-conditioning/What-to-Expect-After-a-Torn-ACL.htm</a> 5. <a href="http://espn.go.com/chicago/nba/story/_/id/7922741/chicago-bulls-guard-derrick-rose-surgery">http://espn.go.com/chicago/nba/story/_/id/7922741/chicago-bulls-guard-derrick-rose-surgery</a> 6. <a href="http://orthoinfo.aaos.org/topic.cfm?topic=A00297">http://orthoinfo.aaos.org/topic.cfm?topic=A00297</a>



*Insert at least one picture or graphic for each part.*

*Copy and paste 2 source reviews that you used for this case study to this document.*

• **P.O.W.E.R. Article Review**

<p>Title: What to expect after a Torn ACL</p>	<p>Source: <a href="http://www.ihoops.com/training-room/strength-and-conditioning/What-to-Expect-After-a-Torn-ACL.htm">http://www.ihoops.com/training-room/strength-and-conditioning/What-to-Expect-After-a-Torn-ACL.htm</a></p>	<p>Date of Article: Unknown Topic: Torn ACL</p>
<p>List at least three issues/problems raised in the article-</p> <ol style="list-style-type: none"> <li>1. What a player feels after a torn Acl</li> <li>2. The treatment for it</li> <li>3. The recovery of the injury and what causes them</li> </ol>		
<p>State the underlying problem or issue raised in the article- What a basketball player feels in his game after he or she has had a torn ACL injury</p>		

<p>List any or proposed solutions to the issues raised above-</p> <p>1. It really isn't a problem the only solutions were to either be careful while taking sharp cuts with ones knees or to make sure that a persons knees are very strong.</p> <p>2.</p> <p>3.</p>		
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<p>Things you liked about the article? I liked all of the information given because it really helped me as an athlete because since this is a very common injury in basketball so its good to know how to prevent this injury.</p>		<p>Nothing except to add other websites that talk about this injury.</p>
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• **P.O.W.E.R Website Research Review**

Date:	5-22-12
Name of Web site	Sports injury info
URL Address	<a href="http://www.sports-injury-info.com/symptoms-of-a-torn-acl.html">http://www.sports-injury-info.com/symptoms-of-a-torn-acl.html</a>
Who runs the web site?	Barton Anderson
Who pays for the web site?	Barton Anderson
When was the website last updated?	2012
Is the web page useful or well designed? Why? Why not?	Yes because it lists how the injury is caused, symptoms and relief for it.
List <u>4</u> pieces of information the Web page gives you.	<ol style="list-style-type: none"> <li>1. Signs of a torn ACL</li> <li>2. If an individual hears a pop coming from their knee it could be a torn ACL</li> <li>3. You lose a range of motion due to the swelling</li> <li>4. Lose strength from the knee</li> </ol>
What is the original source if any?	