

# Athletic Injury Management (AIM)

## AIM - LEVEL I

AIM is a two day course that is divided into Level I- The Introduction to Athletic Injuries which serves as a precursor to Level II- Focused Exam. With event medical coverage being the driving force behind starting Mosaic Medical over 10 years ago, covering sporting events and providing athletes with superior medical attention on site is near and dear to us! Combining our passion with the fact that 35% of injuries in Canada are sports related, we saw a need to develop an Athletic Incident Management (AIM) course. Concussion management, treating soft tissue injuries and trauma assessment are some of the topics covered in this immersive and practical course. Whether you are taking this course as a trained medical professional aiming to build upon your existing skills, or as an athletic coach or trainer looking to increase your knowledge, upon completion you will have the ability and confidence to assess and offer immediate care in the setting of an acute athletic injury.

### OVERVIEW

During The Introduction to Athletic Injuries participants will learn about the inflammatory response that occurs after an acute injury to provide insight into the healing process. We will investigate the benefits and appropriate applications for the traditional RICE method of treating soft tissue injuries and the more innovative METH treatment. Participants will have a chance to practice athletic taping after a discussion on techniques and principles. An in-depth investigation into concussions will result in improved management in this often mishandled injury. concussion management, and athletic taping techniques and principles.

Upon completion of the Introduction to Athletic Injuries component of the AIM course, participants will be able to:

- Conduct a primary & secondary trauma assessment
- Identify and describe the inflammatory process
- Describe different types and severities of soft-tissue injury
- Manage soft tissue injuries appropriately and conduct a basic trauma assessment
- Demonstrate understanding in taping principles
- Recognize signs and symptoms of a concussion
- Identify RED FLAGS indicators of a more serious injury

### MATERIALS

Participants will receive a textbook written by Mosaic Medical, in addition to a full set of our 3D printed models (the shoulder, elbow, knee and ankle) upon enrollment in our AIM program.

### OUTLINE

#### 1. Understanding Anatomy

- Musculoskeletal Anatomy - Muscles and Connective Tissues
- Musculoskeletal Anatomy - Joints, Bones, Cartilage and other Soft Tissues
- Conducting a primary/secondary assessment
- Identifying predisposing factors that may contribute to sustaining an injury

#### 2. MSK Assessments & Treatments

- Soft Tissue Injuries- Identifying/rating sprains and strains
- The Inflammatory Process- Inflammation, Proliferation, Remodeling
- Treatments - METH vs RICE
- Common pharmaceuticals used in pain management of athletic injuries

#### 3. Nervous System Anatomy & Physiology Basics

- Anatomy of the Brain
- Anatomy of the Spine/Back
- Spinal Motion Restriction

#### 4. Traumatic Brain Injury Assessment & Recovery

- Concussion- recognition and management

### PROGRAM DELIVERY

Time: 7 hours

Accessibility: Online + Classroom