

SPORTS MEDICINE STUDENT INTERNSHIP SKILLS LIST Provo School District

This list is designed to help you obtain considerable information during your internship period. The column on the left will designate various procedures used in your internship you have been assigned. When you have observed a procedure, record the date and have your mentor or sponsor initial the square. There is a lot to see and learn. Be sure to ask your mentor to show you as much as she/he can.

PROCEDURE OR SKILL	DATE INITIAL	DATE INITIAL	DATE INITIAL
1. Ankle Taped			
2. Ankle Compression			
3. Ankle Evaluation			
4. Achilles Tape Job			
5. Longitudinal Arch			
6. Patellar Tendon Tape Job			
7. Knee Evaluation			
8. Shoulder Evaluation			
9. Spinal Evaluation			
10. Rotary Instability Taping (Knee)			
11. Deep Thigh Bruise Wrap (Ace)			
12. ABD/Adductor Strain Wrap (Ace)			
13. Shoulder Spica Wrap (Ace)			
14. Elbow Hyperextension Taping			
15. Wrist Taping			
16. Thumb Taping			
17. Blister Care			
18. Electric Stim			
19. Ultrasound			
20. Ankle & Knee Bracing			
21. Heat Application			
22. Cryotherapy			

23. Applying the dressing			
24. Accessing the injury			
25. Massage for knots in Muscles			
26. Percussion Testing			
27. First aid for cuts/bruises			
28. Whirlpool			
29. Groin wrap/Hip flexor spika			
30. Shin Splint wrap			