

INDIVIDUAL CASE STUDY (CASE CODE: 21)

Kinesiology & Rehab Sciences

PARTICIPANT GUIDELINES

- The event will be presented to you through your reading of CURIS Skills, CURIS Knowledge and Case Details
- Each case study must be completed individually and should take approximately 1 hour
- You should take approximately 10 minutes to review this information and 20 mins to conduct external research to help prepare your response
- You should then take approximately 20 minutes to write your response and allot 10 minutes to edit your response and submit your work
- Please also include a citations page to indicate which external sources were used
- All submissions will be made through the CurisConnect website: <https://curisconnect.vercel.app/>
- You will be evaluated on how well you demonstrate the CURIS Skills and meet the CURIS Knowledge criteria. The last page in your case study package consists of an Evaluation Form whereby the evaluator will allot points for the completion of the case study.
- The points allotted will be based on the depth and detail of your explanation in your response since there are no defined right or wrong answers, but rather we want to see your thinking, research, knowledge and understanding on the situation at hand.
- The amount of points earned will correspond to the amount of volunteer minutes or hours you will earn. The threshold and range for this grading scheme can also be found at the bottom of the Evaluation Form.

CURIS SKILLS

- Critical Thinking – Reason effectively and use systems thinking.
- Communication – Communicate clearly.
- Creativity and Innovation – Show evidence of creativity.
- Healthcare Oriented Mindset - Utilizes proper terminology and demonstrates foundational educational understanding in discipline.

CURIS KNOWLEDGE

- Explain the principles of athletic rehabilitation management.
- Describe the pros and cons of different rehabilitation strategies.
- Identify factors affecting treatment decision-making.

CASE DETAILS

You are an **Athletic Trainer** at **PEAK PERFORMANCE REHABILITATION**, a well-established facility known for its focus on injury prevention, rehabilitation, and optimizing athletic performance. With over a decade of serving athletes and active individuals, the clinic has built a reputation for its individualized care, state-of-the-art equipment, and collaboration with healthcare professionals to ensure comprehensive recovery plans.

Recently, **Ms. Johnson** is a **28-year-old competitive soccer** player presenting complaints of knee pain following recent ACL (Anterior Cruciate Ligament) surgery. She has a history of knee instability and now feels frustrated regarding performance capacity on the field. Ms. Johnson is concerned about re-injury, looking ahead to get back to full strength while avoiding future knee problems.

Based on medical history and functional movement testing, you have come to the conclusion that instability in the knee is related to weak surrounding musculature, poor mechanics relative to athletics, and poor rehabilitation post-surgery. You present two options for her treatment, one being conservative in nature with regard to rehabilitation and one emphasizing strengthening and functional training. You offer an aggressive approach to therapies including sports specific drills, aquatic therapy, and biomechanical analysis to attain full recovery.

Ms. Johnson is cautious about returning to intense physical activity and fears re-injury, but she is eager to regain her full athletic potential.

Your Task: Considering **Ms. Johnson's age, athletic career, and concerns**, create a **personalized rehabilitation plan** addressing her physical challenges and mental barriers. Outline the estimated treatment duration and the types of training/therapy sessions she will undergo if she agrees to the more intensive treatment option. Also, include aftercare and equipment maintenance recommendations.

Please also address the following questions in your response:

- How would you modify the rehabilitation plan if Ms. Johnson experiences setbacks or further discomfort during the treatment process?
- What mental and emotional strategies would you incorporate to help Ms. Johnson overcome her fear of re-injury and regain confidence in her athletic abilities?

EVALUATION FORM

PARTICIPANT: _____

EVALUATOR: _____

Did the participant:		Below expectations	Meets expectations	Exceeds expectations	Judged score
CURIS KNOWLEDGE					
1	Explain the principles of athletic rehabilitation management.	2	4	6	
2	Describe the pros and cons of different rehabilitation strategies.	2	4	6	
3	Identify factors affecting treatment decision-making.	2	4	6	
CURIS SKILLS					
4	Critical Thinking & Problem-Solving	1	2	3	
5	Communication, Terminology & Professionalism	1	2	3	
6	Creativity & Innovation	1	2	3	
7	Healthcare Oriented Mindset	1	2	3	
TOTAL SCORE					