**Unit 3 – Injury and Healing process**

Review Test

Short Answer

1. What is an acute injury? And what is one example?
2. What is a Chronic Injury? And what is one example?
3. Describes what takes place in the 1st phase of healing.
4. Describes what takes place in the 2nd phase of healing.
5. Describe what takes place in the 3rd phase of healing.
6. What is the body’s normal response to healing?
7. The Repair and regeneration phase is also known as what?
8. The maturation phase is also known as what?
9. The acute phase of inflammation usually lasts how long?
10. What are fibroblasts?
11. Cleaning up cell debris, mainly occurs in what phase?
12. What is Wolff’s Law?
13. What is Hypoxia?
14. What is scar tissue composed of?
15. What is known as overgrowth of scar tissue which leads to limited motion?
16. What are the 3 degrees of injury? And describe the signs of each
17. List the 5 signs of inflammation

Classify the following as either ***Acute*** or ***Chronic***

1. Low back pain
2. Shin Splints
3. Rolled ankle
4. ACL tear
5. Hamstring Strain
6. Tennis Elbow
7. Hit with a baseball in the Quadricep
8. Broken Rib

Matching

1. Formation of collagen occurs a. 1st phase
2. Phase in which controlled motion is utilized b. 2nd phase
3. Pain and swelling occurs c. 3rd Phase
4. Vasodilation of blood vessels
5. Formation of capillary buds
6. May last up to a year or longer