ROAD BLOCK

As discussed in lecture, there are several factors that can affect the healing process. Now you have the opportunity to research how these factors affected or will affect the healing process of your athlete. Below are two approaches that you may take:

Option 1: Research factors that adversely affected your athlete's healing process. Information may be found on sports websites or magazine articles. Another resource can be social media. Many athletes will discuss their rehabilitation journey on social media. If after researching you are unable find information regarding hindrances to the healing process, you will need to do the second option.

Option 2: Research factors that typical slow down the healing process for the injury that your athlete sustained. Use textbooks, online sources as well as magazines. The background information, specifically past medical history, gathered in lesson one will be helpful in determining possible factors.

 Use the questions below to help guide your research. Cite sources.

What factor(s) can or did affect the healing process of the athlete?

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How does the factor(s) impede the healing process?

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 What steps can be taken minimize these adverse factors from occurring?

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**Sources:**