



Knee and Ankle Sports Injury Assessment Trainer

Quick Start Guide

The Knee and Ankle Sports Injury Assessment Trainer is for practicing the diagnosis and testing of three knee and four ankle injuries. The dials enable users to customize the degree of impact for added realism.



Product includes:

- Knee and Ankle Sports Injury Assessment Trainer
- Hex key and set screw
- Downloadable curriculum
- 1-year limited warranty

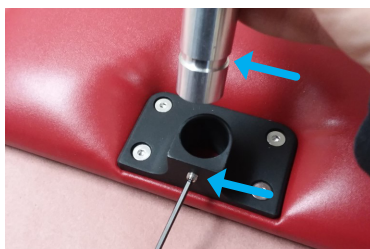
NOTICE! To access your curriculum, visit:

www.realityworks.com/sportsinjurytrainer-downloads

KNEE AND ANKLE SPORTS INJURY ASSESSMENT TRAINER

Assembly instructions:

1. Using a 3 mm hex key, install the set screw into the lower mounting bracket.
2. Slide in the support post and align the slot in the post with the set screw.
3. Secure the set screw, but be careful not to overtighten.



Set-up instructions:

1. Download the Knee and Ankle Sports Injury Assessment Curriculum for participant activities here:
www.realityworks.com/sportsinjurytrainer-downloads.
2. Set the trainer on a flat surface and have students work in pairs to complete the assessment exercises.

Use instructions:

1. Turn the dials above the leg to select the type and degree of injury you want to assess. You should only test for one injury at a time.



2. Assess the injury using accepted best practices for each injury’s corresponding test. See the chart below for the list of injuries this trainer can simulate and the appropriate test for each.

Joint	Injury	Description	Test
Knee	ACL	Grades 1-3 of ACL ligament tears	Lachman and Anterior Drawer Tests
Knee	MCL	Grades 1-3 of MCL ligament tears	Valgus Stress Test
Knee	LCL	Grades 1-3 of LCL ligament tears	Varus Stress Test
Ankle	ATFL	Sprain to anterior talofibular ligament	Anterior Drawer of the Ankle
Ankle	CFL	Sprain to the calcaneofibular ligament	Talar Tilt Test
Ankle	Deltoid Ligament	Normal and complete disruption	Eversion Stress Test
Ankle	Achilles Tendon	Nominal and full rupture	Calf Squeeze Test and Palpation

NOTE: You can flip the leg over or rotate it off the board if needed for specific tests.



General cleaning and storage instructions:

- Denim, make-up, ink, and newsprint can cause stains; these cannot be removed from vinyl.
- Do not apply iodine, betadine, or other antiseptics to vinyl as they may stain permanently.
- Clean with a damp cloth and alcohol pads.
- Store with the trainer resting on its base for best results.

Additional help and information

Online Product Support

We're here to help! Our online Product Support features video tutorials, downloadable documents, frequently asked questions, and product notices, all of which make it easy for you to get support for products, software and more, day or night. Find our online product support area here: www.realityworks.com/knowledge-base

Online Store

Supplies, accessories, select simulators, curriculum, and more are available for purchase from our online store 24 hours a day! Find our online store here: www.realityworks.com