

## **WEBINAR DISCUSSION GUIDE**

**CTS WEBINAR – 31st, 2011**

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**Please use the following questions along with the archived webinar as a discussion guide for a professional development group activity or as an individual reflection tool .**

- What techniques can I put into place so that my athletes/students better understand the anatomy of the knee?
  
  
  
  
  
  
  
  
  
  
- What are the signs and symptoms of the injuries presented and how can I use them to understand my athletes/students injuries?
  
  
  
  
  
  
  
  
  
  
- What sort of pictures or images can I provide my athletes to better understand the anatomy of the knee and certain injuries?
  
  
  
  
  
  
  
  
  
  
- What materials do I need to collect to teach my athletes/students the rehab exercises that are listed?