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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Ankle, Foot, Lower Leg

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| 1C |  A |  L |  C |  A |  N |  E |  U |  S |  | 2T |  | 3S |  P |  R |  A |  I |  N |  |  |
|  |  |  |  |  |  |  |  |  |  |  I |  |  |  |  |  |  |  | 4C |  |
|  |  |  |  |  |  | 5I |  M |  M |  O |  B |  I |  L |  I |  Z |  A | 6T |  I |  O |  N |
|  |  |  |  | 7R |  |  |  |  |  |  I |  |  |  |  |  |  R |  |  M |  |
|  |  |  |  |  E |  |  |  |  |  |  A |  |  |  |  |  |  A |  |  P |  |
|  |  | 8A |  C |  H |  I |  L |  L |  E |  S |  |  |  | 9F |  I |  B |  U |  L |  A |  |
| 10F |  |  |  |  A |  |  |  |  |  |  |  |  |  |  |  |  M |  |  R |  |
|  R |  | 11L |  |  B |  |  |  |  |  | 12D |  |  |  |  |  |  A |  |  T |  |
|  A |  |  A |  |  I |  |  |  |  |  |  E |  |  |  | 13M |  |  |  |  M |  |
|  C |  |  T |  |  L |  |  | 14P |  H |  A |  L |  A |  N |  G |  E |  S |  |  |  E |  |
|  T |  |  E |  |  I |  |  |  |  |  |  T |  |  |  |  T |  |  |  |  N |  |
|  U |  |  R |  |  T |  |  | 15A |  |  |  O |  |  |  |  A |  |  |  |  T |  |
|  R |  |  A |  |  A |  | 16S |  T |  R |  A |  I |  N |  |  | 17T |  A |  L |  U |  S |  |
|  E |  |  L |  |  T |  |  |  F |  |  |  D |  |  |  |  A |  |  |  |  Y |  |
|  |  |  |  |  I |  |  |  |  |  |  | 18E |  V |  E |  R |  S |  I |  O |  N |  |
|  |  |  |  |  O |  |  |  |  |  |  |  |  |  |  S |  |  |  |  D |  |
|  |  |  |  |  N |  | 19S |  T |  R |  E |  S |  S |  F |  R |  A |  C |  R |  U |  R |  E |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  L |  |  |  |  O |  |
|  |  |  |  |  | 20T |  E |  N |  D |  I |  N |  I |  T |  I |  S |  |  |  |  M |  |
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| **Across****1.** What is the name of the heel bone**3.** An injury to a ligament **5.** Stabilizing a fracture with a splint**8.** Thick strong tendon on the back of the lower leg**9.** What is the name of the outside lower leg bone**14.** What are the bones of the toes called?**16.** An injury to a muscle**17.** What is the name of the bone that sits between the tibia and fibula and makes up the ankle joint**18.** Least common ankle sprain**19.** Chronic injury to a bone that can only be seen on bone scan**20.** Injury to a tendon | **Down****2.** What is the name of the inside lower leg bone?**4.** An injury where the muscles swell within a confined space**6.** Most common mechanism for skeletal and soft tissue injury**7.** Exercises to help improve range of motion or strength**10.** Injury to a bone**11.** Most common anlke sprain **12.** Triangle shaped ligament**13.** The bones of the mid foot have the word tarsals in them but they are longer**15.** Anterior talofibular ligament |

   Fibula       Tibia       Calcaneus       Talus       Phalanges       Metatarsals       Sprain       Strain       Tendinitis       Compartment Syndrome       Lateral       Eversion       Fracture       Stress Fracrure       Immobilization       Rehabilitation       ATF       Deltoid       Trauma       Achilles