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

Ankle, Foot, Lower Leg

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| 1  C | A | L | C | A | N | E | U | S |  | 2  T |  | 3  S | P | R | A | I | N |  |  |
|  |  |  |  |  |  |  |  |  |  | I |  |  |  |  |  |  |  | 4  C |  |
|  |  |  |  |  |  | 5  I | M | M | O | B | I | L | I | Z | A | 6  T | I | O | N |
|  |  |  |  | 7  R |  |  |  |  |  | I |  |  |  |  |  | R |  | M |  |
|  |  |  |  | E |  |  |  |  |  | A |  |  |  |  |  | A |  | P |  |
|  |  | 8  A | C | H | I | L | L | E | S |  |  |  | 9  F | I | B | U | L | A |  |
| 10  F |  |  |  | A |  |  |  |  |  |  |  |  |  |  |  | M |  | R |  |
| R |  | 11  L |  | B |  |  |  |  |  | 12  D |  |  |  |  |  | A |  | T |  |
| A |  | A |  | I |  |  |  |  |  | E |  |  |  | 13  M |  |  |  | M |  |
| C |  | T |  | L |  |  | 14  P | H | A | L | A | N | G | E | S |  |  | E |  |
| T |  | E |  | I |  |  |  |  |  | T |  |  |  | T |  |  |  | N |  |
| U |  | R |  | T |  |  | 15  A |  |  | O |  |  |  | A |  |  |  | T |  |
| R |  | A |  | A |  | 16  S | T | R | A | I | N |  |  | 17  T | A | L | U | S |  |
| E |  | L |  | T |  |  | F |  |  | D |  |  |  | A |  |  |  | Y |  |
|  |  |  |  | I |  |  |  |  |  |  | 18  E | V | E | R | S | I | O | N |  |
|  |  |  |  | O |  |  |  |  |  |  |  |  |  | S |  |  |  | D |  |
|  |  |  |  | N |  | 19  S | T | R | E | S | S | F | R | A | C | R | U | R | E |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | L |  |  |  | O |  |
|  |  |  |  |  | 20  T | 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