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

Football Injuries

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| **Across**  **1.** The Anterior \_\_\_\_ ligament is the most commonly injured ligament in the knee.  **3.** Out the 2,600 players that are in the NFL, roughly \_\_\_\_\_\_ of them are injured every year, including minor and extreme injuries.  **5.** When you get an injury you can \_\_\_\_ until your injury heals.  **9.** Bursts of speed can cause them\_\_\_\_\_\_\_\_\_ to tear if the player is not conditioned or properly warmed up.  **12.** Mike Webster was found to have \_\_\_\_ after he had an autopsy of his brain, after his death.  **14.** The \_\_\_\_\_\_ Cruciate Ligament is the most common season-ending problem.  **17.** Over time, continued friction can cause the top layer of skin to separate from the second layer of skin and cause a \_\_\_\_\_\_.  **18.** A strong impact to a large muscle, usually in the thigh, can cause a \_\_\_\_\_\_.  **19.** Patellar \_\_\_\_\_ (knee pain) is a common problem that football players develop.  **20.** A \_\_\_\_\_\_\_ is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull. | **Down**  **2.** The Anterior \_\_\_\_ ligament is the most commonly injured ligament in the knee.  **4.** CTE is an acronym for Chronic Traumatic \_\_\_\_\_\_.  **6.** Frequent throwing can cause shoulder \_\_\_\_\_\_\_\_ from repetitive motions.  **7.** A \_\_\_\_ disc is a common source of back pain, often called a slipped disk or a ruptured disk.  **8.** What is the medical term for cold therapy?  **10.** Shin \_\_\_\_ generally occur after cumulative stress causes micro trauma to the soleus muscle at the point of attachment to the shinbone.  **11.** Injury to the \_\_\_\_\_ collateral ligament in the knee is also very common because it occurs when the knee is impacted from the side.  **13.** \_\_\_\_\_ injuries in football are the most common.  **15.** \_\_\_\_\_\_impact syndrome describes the situation in which an individual sustains a second head injury before the symptoms from the first head injury have resolved.  **16.** When a player rotates their body while a foot stays planted, the knee can twist, causing them \_\_\_\_\_\_ to tear. |