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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. |