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Rec Leadership Injury Prevention Review

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| **Across****3.** The acronym for treating unconscious people. **10.** A fracture that occurs when the skin is not broken. **11.** This is needed when cartilage is torn in the knee.**12.** A soft tissue injury that could require stitches. **13.** Injuries involving damage to skin, muscles, tendons, ligaments, or cartilage is a "\_\_\_\_" tissue injury. **14.** Shin splints and tennis elbow are examples of this type of injury. **15.** When the injury is to a bone, it is a "\_\_\_\_" tissue injury.**17.** When a bone is pulled or twisted out of place at a joint, it is called a "\_\_\_\_\_\_\_\_\_\_\_" that may require hospital treatment.**18.** Injury from sudden stress on the body | **Down****1.** This occurs when an individual has received a blow to the head.**2.** Re-hydrating by drinking lots of water during a physical activity can prevent this. **4.** A treatment for swelling, bruising, and pain. **5.** Type of fracture that breaks the skin**6.** Caused by the skin rubbing on other surfaces**7.** What the "E" in RICE stands for.**8.** When ligaments at joints get stretched and torn.**9.** When the body temperature falls below 35 degrees Celsius. **16.** When muscle is suddenly and forcefully overstretched.  |