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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. |