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

Sports Medicine Terminology

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|  | 1  F |  |  |  |  |  |  |  |  | 2  P |  |  |  | 3  F |  |  |  |  |  |
|  | 4  R | I | C | E |  | 5  L | A | T | E | R | A | L |  | O |  |  |  |  |  |
|  | A |  |  |  |  |  |  |  |  | O |  |  |  | U |  |  |  |  |  |
|  | C |  |  |  |  |  |  |  |  | N |  |  |  | R |  |  |  |  |  |
|  | T |  |  | 6  I |  |  | 7  P | A | T | E | L | L | A |  |  |  | 8  S |  |  |
|  | U |  |  | N |  |  |  |  |  |  |  |  |  | 9  D |  |  | P |  |  |
|  | R |  |  | F |  |  |  |  |  | 10  C |  |  |  | I |  |  | R |  |  |
|  | E |  |  | L |  | 11  T | E | N | D | O | N |  |  | 12  S | T | R | A | I | N |
|  |  |  |  | A |  |  |  |  |  | N |  |  |  | L |  |  | I |  |  |
|  | 13  E | D | E | M | A |  |  | 14  A | N | T | E | R | I | O | R |  | N |  |  |
|  |  |  |  | M |  |  |  |  |  | U |  |  |  | C |  |  |  |  | 15  A |
|  | 16  C |  |  | A |  |  |  | 17  F |  | S |  |  |  | A |  |  | 18  A |  | B |
|  | O |  |  | T |  |  | 19  M | E | D | I | A | 20  L |  | T |  |  | C |  | R |
|  | A |  |  | I |  |  |  | M |  | O |  | I |  | I |  |  | U |  | A |
|  | C |  |  | O |  |  |  | U |  | N |  | G |  | O |  |  | T |  | S |
| 21  C | H | R | O | N | I | C |  | R |  |  |  | A |  | N |  |  | E |  | I |
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| 22  H | U | M | E | R | U | S |  |  |  |  |  | 23  E | F | F | U | S | I | O | N |
|  | B |  |  |  |  |  |  |  |  |  |  | N |  |  |  |  |  |  |  |
|  | 24  B | U | R | S | A |  |  | 25  J | O | I | N | T |  |  |  |  |  |  |  |

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| **Across**  **4.** rest, ice, compression, elevation  **5.** away from the midline  **7.** knee cap  **11.** structure that connects muscle to bone  **12.** stretching or tearing of a muscle or tendon  **13.** swelling in the tissue  **14.** in front of  **19.** close to the midline  **21.** overuse injury  **22.** arm bone  **23.** swelling in a joint  **24.** fluid filled sac  **25.** where two bones meet | **Down**  **1.** break in a bone  **2.** lying face down  **3.** number of muscles that make up the quadriceps  **6.** a symptom of redness, and swelling  **8.** stretching or tearing of a ligament  **9.** complete separation of two ends of a joint  **10.** a bruise  **15.** a scrape  **16.** your favorite teacher  **17.** thigh bone  **18.** a sudden injury  **20.** a structure that connects bone to bone |