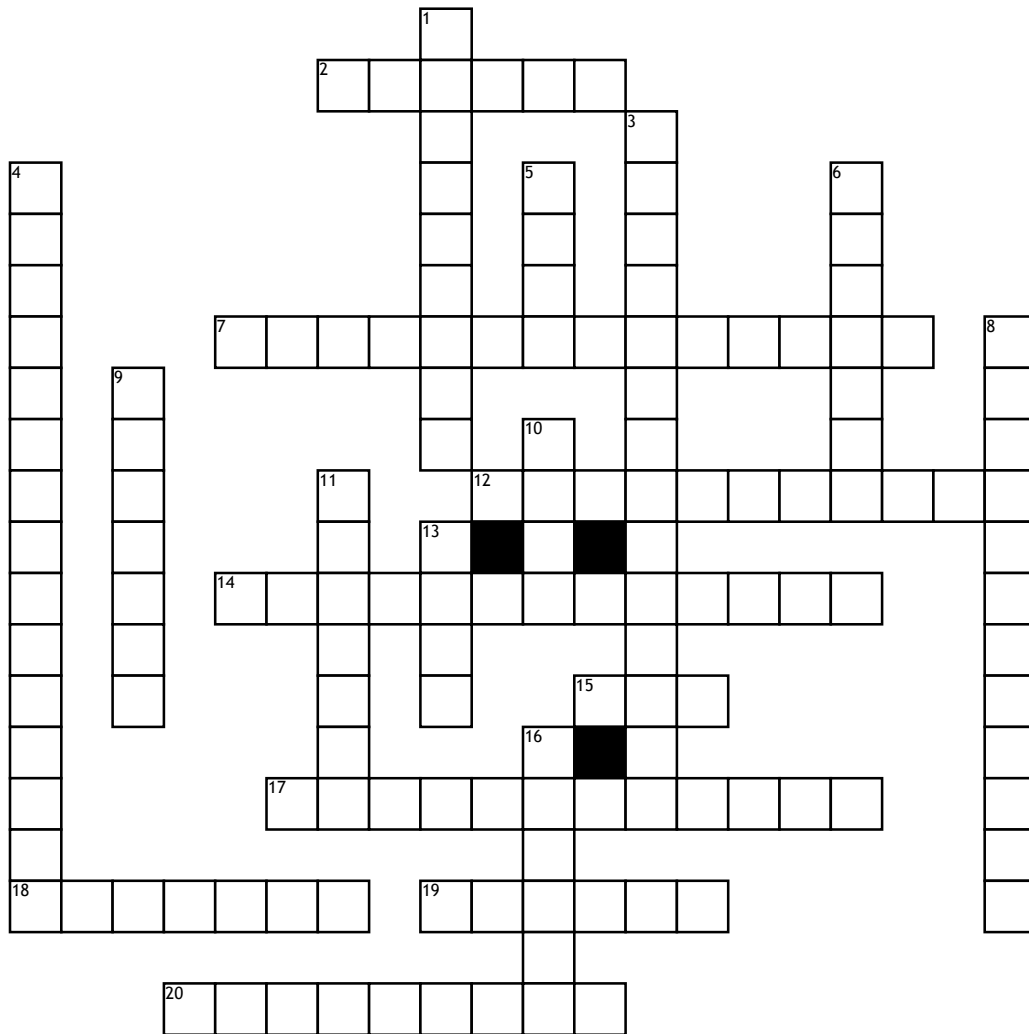


Achilles Tendon Rupture



Across

2. Once you rupture your Achilles tendon it is important _____ immediately.
7. This injury occurs due to the complete or partial tear of an outstretched tendon. What is this tendon called? (2 words)
12. When you rupture your achilles tendon, _____ flexes and will be no longer able to pull on the heel bone. (2 words)
14. _____ your calf muscles will help hinder any ruptures to Achilles tendon.
15. Rehabilitation could take up to _____ months for the tendon to heal from the achilles tendon rupture.
17. A specific test to do to examine if you ruptured your Achilles tendon is the? (2 words)
18. What is usually required to return 75%-80% of function of the tendon for a serious injury?

19. Achilles tendon rupture occurs in athletes that are _____ and older.

20. Although the achilles tendon is the most common injured tendon in the lower extremity, the Achilles tendon is considered the _____ tendon the in the body.

Down

1. Rupture of the Achilles tendon usually occurs 2.5 inches away from the heel bone because of the poor _____ in this section of the tendon? (2 words)
3. Achilles tendon rupture is caused by the forceful _____ with the knee moving into a full extension. (2 words)
4. You can feel the _____ in the back of your lower leg as a sign of an Achilles Tendon Rupture. (2 words)
5. Achilles Tendon Rupture is _____ times more likely to occur in men rather than woman.
6. Usually patients who have ruptured their achilles tendon has had a history of _____ tendinopathy.

8. Violent _____ to a plantar flexed foot is a common mechanism of a achilles tendon rupture.

9. It is important to _____ the calf muscles (Gastrocnemius, soleus, and plantaris muscles) to examine for any tenderness.

10. A nonsurgical option for this type of injury is using a non-weight -bearing _____ for about 6-8 weeks. This will allow an athlete to return to about 75-90% of their normal function.

11. A good way to prevent an Achilles tendon rupture is to _____ before every activity.

13. When the injury occurs in an athlete, it feels like a sudden _____ in the back of the lower leg, or a kick in the leg feeling.

16. Patients might need to use _____ to avoid pain and inflammation of the achilles tendon when it is ruptured.

Word Bank

Palpate	Thompson Test	Thirty	Strongest	Surgery
Snap	Chronic	Blood Flow	Calf Muscles	Plantar Flexion
Point Tenderness	Six	Cast	Five	Strengthening
Stretch	Achilles Tendon	POLICE	Dorsiflexion	NSAIDs