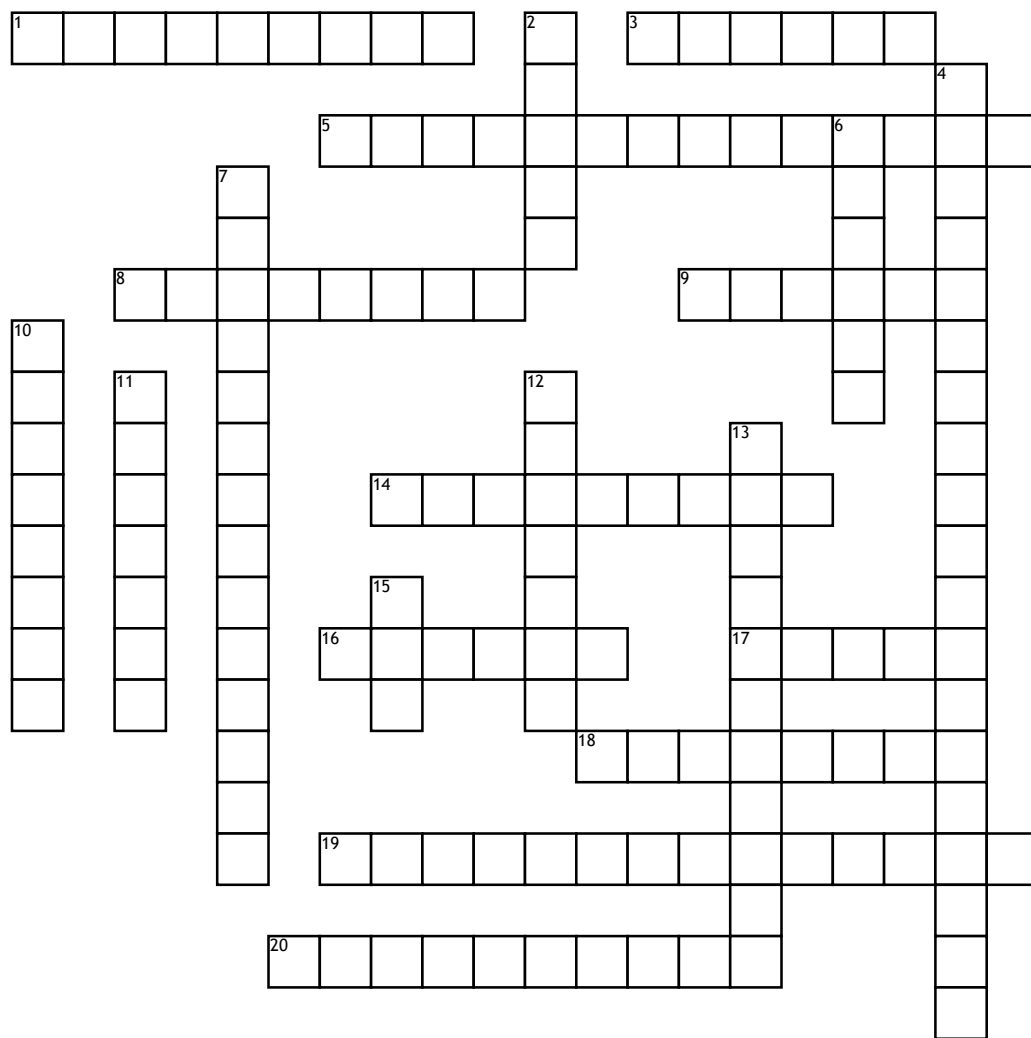


Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Ankle, Foot, Lower Leg



## Across

1. What is the name of the heel bone
3. An injury to a ligament
5. Stabilizing a fracture with a splint
8. Thick strong tendon on the back of the lower leg
9. What is the name of the outside lower leg bone
14. What are the bones of the toes called?

16. An injury to a muscle

17. What is the name of the bone that sits between the tibia and fibula and makes up the ankle joint

18. Least common ankle sprain

19. Chronic injury to a bone that can only be seen on bone scan

20. Injury to a tendon

## Down

2. What is the name of the inside lower leg bone?

4. An injury where the muscles swell within a confined space

6. Most common mechanism for skeletal and soft tissue injury

7. Exercises to help improve range of motion or strength

10. Injury to a bone

11. Most common ankle sprain

12. Triangle shaped ligament

13. The bones of the mid foot have the word tarsals in them but they are longer

15. Anterior talofibular ligament

## Word Bank

Tibia  
Strain  
ATF  
Immobilization  
Metatarsals

Deltoid  
Tendinitis  
Phalanges  
Sprain  
Compartment Syndrome

Eversion  
Achilles  
Calcaneus  
Trauma  
Lateral

Rehabilitation  
Fibula  
Talus  
Fracture  
Stress Fracture