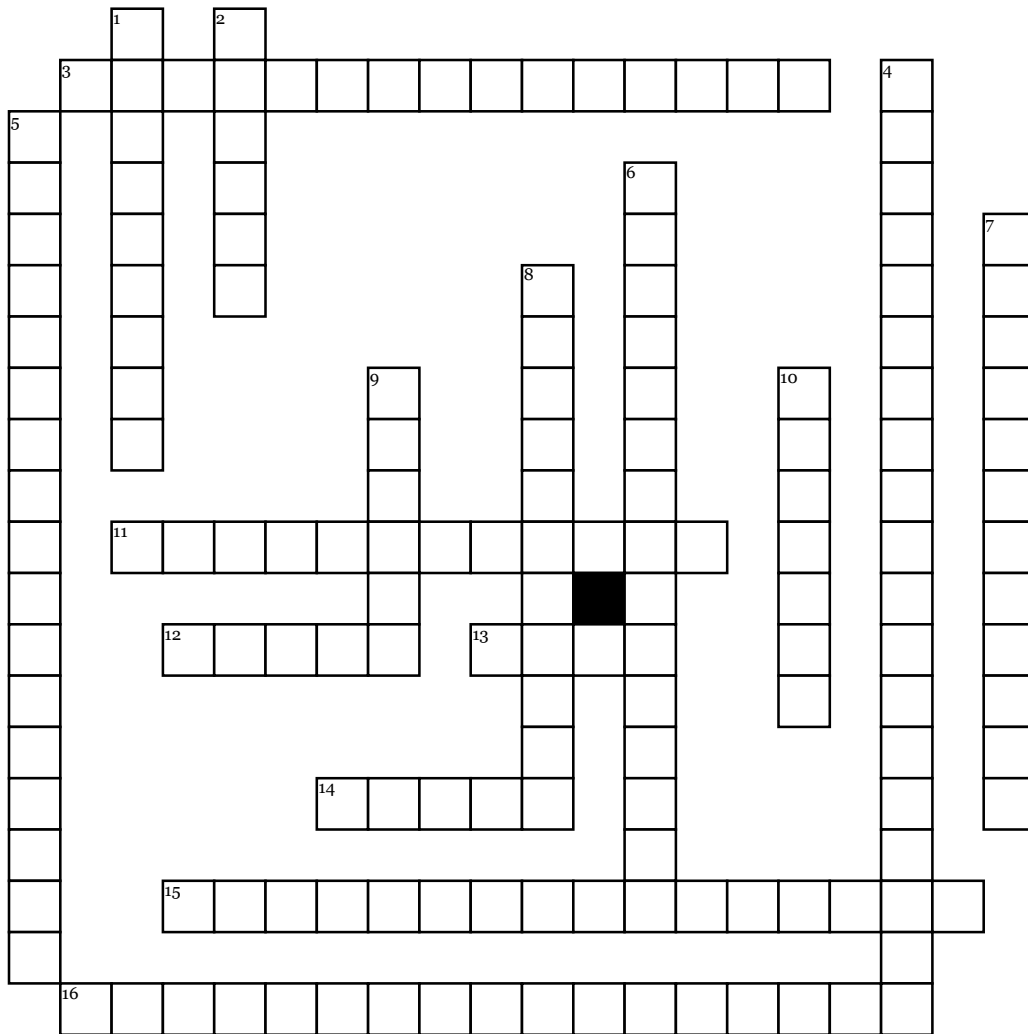


Elbow Injuries Test



Across

- 3.** Caused by a violent hyperextension or a severe blow to the lateral aspect of the elbow
- 11.** Surrounds the elbow which gives it generally stability
- 12.** Performs elbow flexion
- 13.** Hooked to the end of the humerus and forms a tight joint
- 14.** Most commonly dislocated joint in the body
- 15.** Helps stabilize the lateral aspect

- 16.** Caused by a loaded movement that include the elbow and shoulder together

Down

- 1.** The end of the ulna that creates the tip of the elbow
- 2.** The bone on the thumb side of the arm and it rests against the humerus but not hooked to it
- 4.** Caused by excessive resistance to the tricep muscle
- 5.** Caused by repetitive throwing

- 6.** Helps stabilize the medial aspect
- 7.** The medial part of the joint would separate or spread apart as the forearm moves laterally
- 8.** Result of poor mechanics and continual use over a long period of time
- 9.** Performs elbow extension
- 10.** Bone connecting to your shoulder

Word Bank

- | | | | |
|-------------------|------------------|---------------------|-----------------------|
| Radial Collateral | Tennis Elbow | Elbow Flexor Strain | Radius |
| Bicep | Joint Capsule | Tricep | Elbow Extensor Strain |
| Ulna | Ulnar Collateral | Elbow | Olecranon |
| Valgus Stress | Ulna Dislocation | Humerus | Little League Elbow |