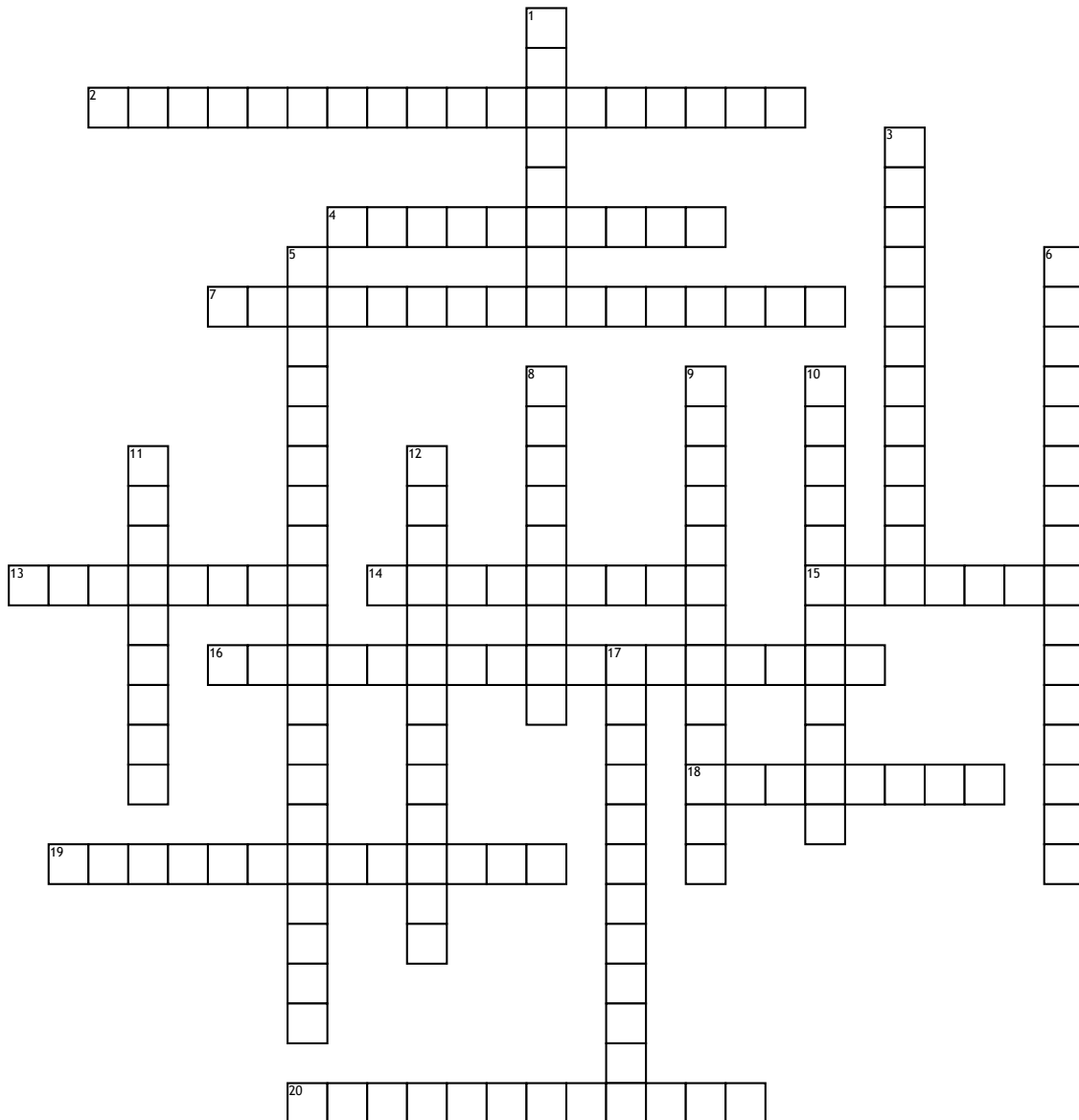


# Injury Review



## Across

2. Bone growth on a muscle due to repetitive blows to the area  
 4. contusion to iliac crest  
 7. Heel pain and arch tightness that is common in runners  
 13. Fracture that occurs when muscle tendon pulls off a piece of bone  
 14. Most common mechanism of injury for ankle sprains  
 15. Caused by forced hyperextension of the great toe  
 16. This injury occurs with a direct blow to the elbow causing inflammation of the bursa

18. 90% of shoulder dislocations occur in this direction  
 19. This injury is a chronic elbow injury that is also known as "little league elbow" or "tennis elbow"  
 20. Mechanism of injury that can cause cervical spine fractures and spinal cord injuries

## Down

1. Compression or irritation of sciatic nerve causing pain, burning, & tingling down the leg  
 3. This injury often occurs when an athlete grips the opponent's shirt  
 5. Compression of median nerve in the wrist causing pain, numbness, tingling, and weakness in hand

6. Injury to UCL of the thumb from forced abduction  
 8. Most commonly strained muscle in the body  
 9. This sprain is also known as a separated shoulder  
 10. Injury to finger that results in inability to extend the distal segment  
 11. Lateral curvature of the spine that may appear in an "S" shape  
 12. Also known as a "slipped disc", this injury can cause compression of spinal nerves  
 17. Injury to the ACL, MCL, and Medial Meniscus