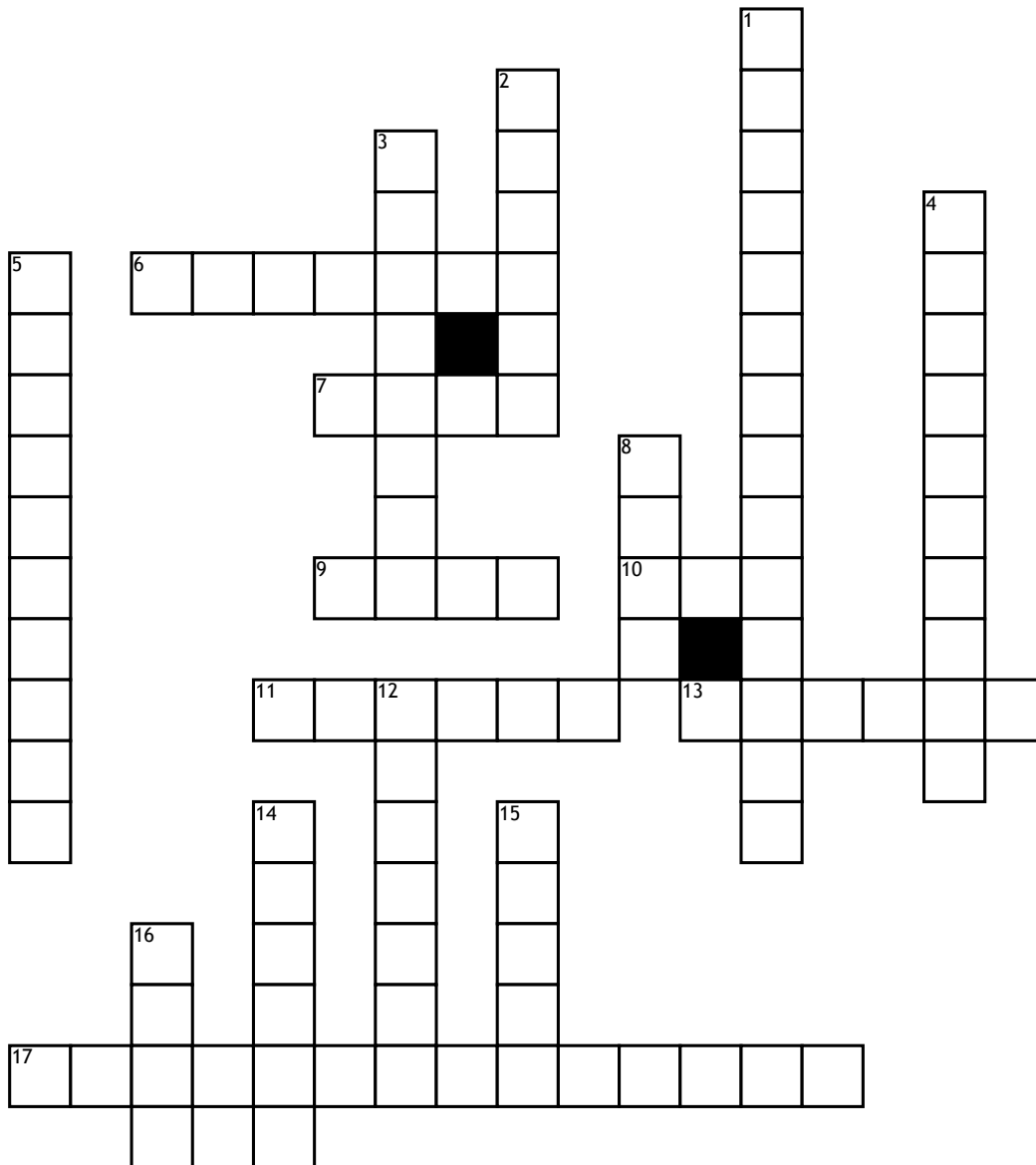


Knee Joint Injuries



Across

6. _____ and pivoting motions cause ACL rupture
 7. Iliotibial Band Syndrome
 9. IT acts to stabilize _____ joint
 10. Anterior Cruciate Ligament
 11. Always _____ and stretch before activity to prevent injury
 13. Common risk factor for ACL and ITBS in females

17. Muscular attachment of Iliotibial band

Down

1. Structure running from pelvis to tibia
 2. Squats, _____, and deadlifts: strengthening exercises to prevent ACL injury
 3. Inflammation of IT band is caused by _____
 4. Structure on the femur that IT band passes over

5. Sport with high prevalence of ACL rupture
 8. _____ rolling helps to stretch out IT band
 12. Most common population for ITBS
 14. Sport with high prevalence of ACL rupture
 15. ACL prevents forward motion of _____
 16. Females are _____ to eight times more likely to rupture ACL injury