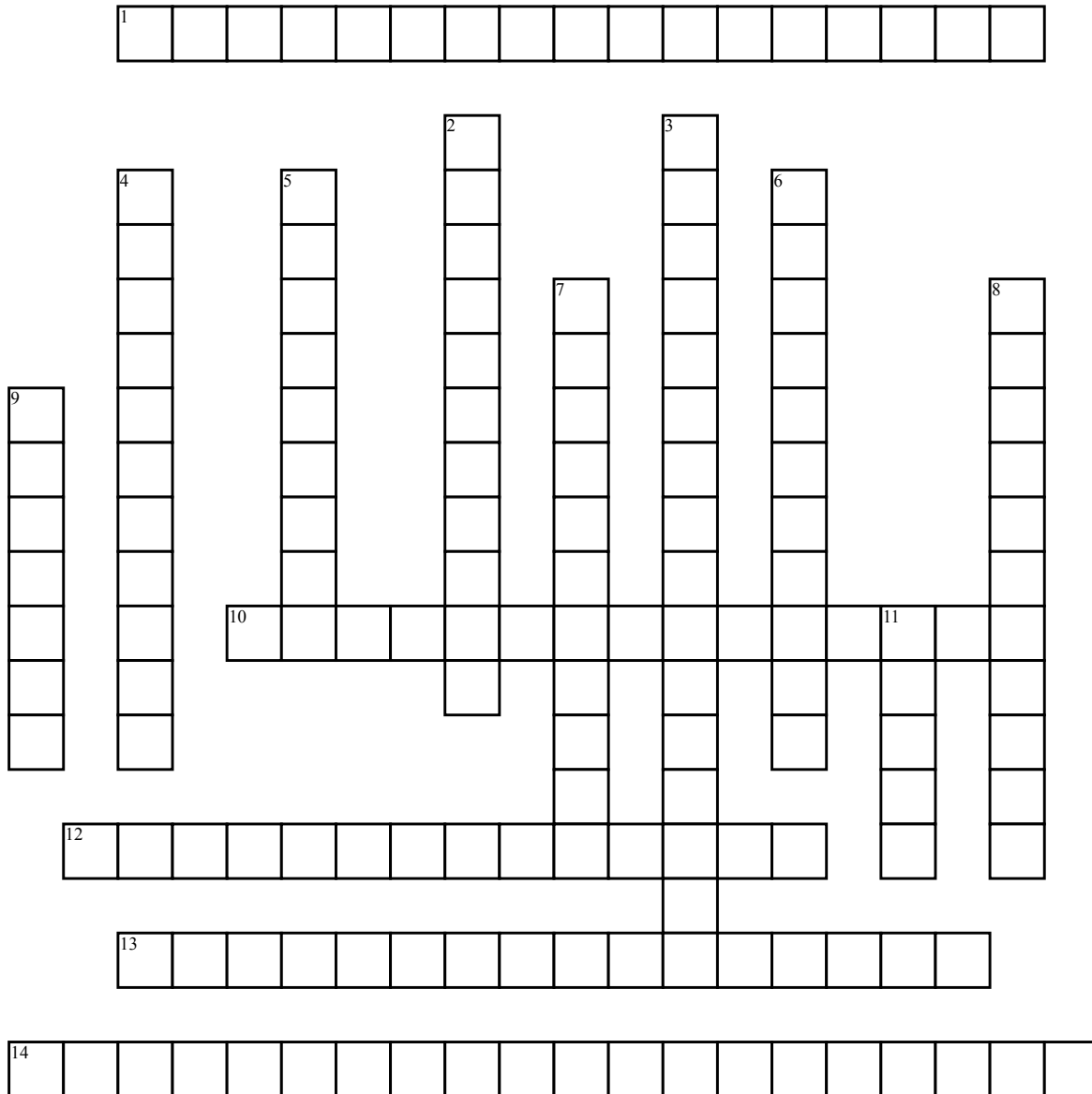


# Overuse Injuries



## Across

- 1.** Common overuse injury associated with throwing
- 10.** Usually occurs in boys ages 13-14 and girls 11-12
- 12.** Jumper's knee causes inflammation to \_\_\_\_\_.
- 13.** Osgood-Schlatter causes a painful lump in the \_\_\_\_\_.
- 14.** Tennis elbow is a condition also known as \_\_\_\_\_.

## Down

- 2.** A painful condition that occurs when tendons in your elbow are overloaded.
- 3.** Term used to describe the problem of shoulder pain in competitive swimmers.
- 4.** One type of achilles tendonitis is non insertional and the other is this
- 5.** The achilles tendon attaches your calf muscles to which bone

- 6.** Little league elbow is caused by repetitive stress to the \_\_\_\_\_ area.
- 7.** Common in athletes in track and field, basketball, volleyball, gymnastics, running or soccer
- 8.** Swimmers shoulder is frequently described as an impingement problem in the \_\_\_\_\_ area.
- 9.** Shin splints is mainly caused by this prolonged activity.
- 11.** Shin splints affects this bone