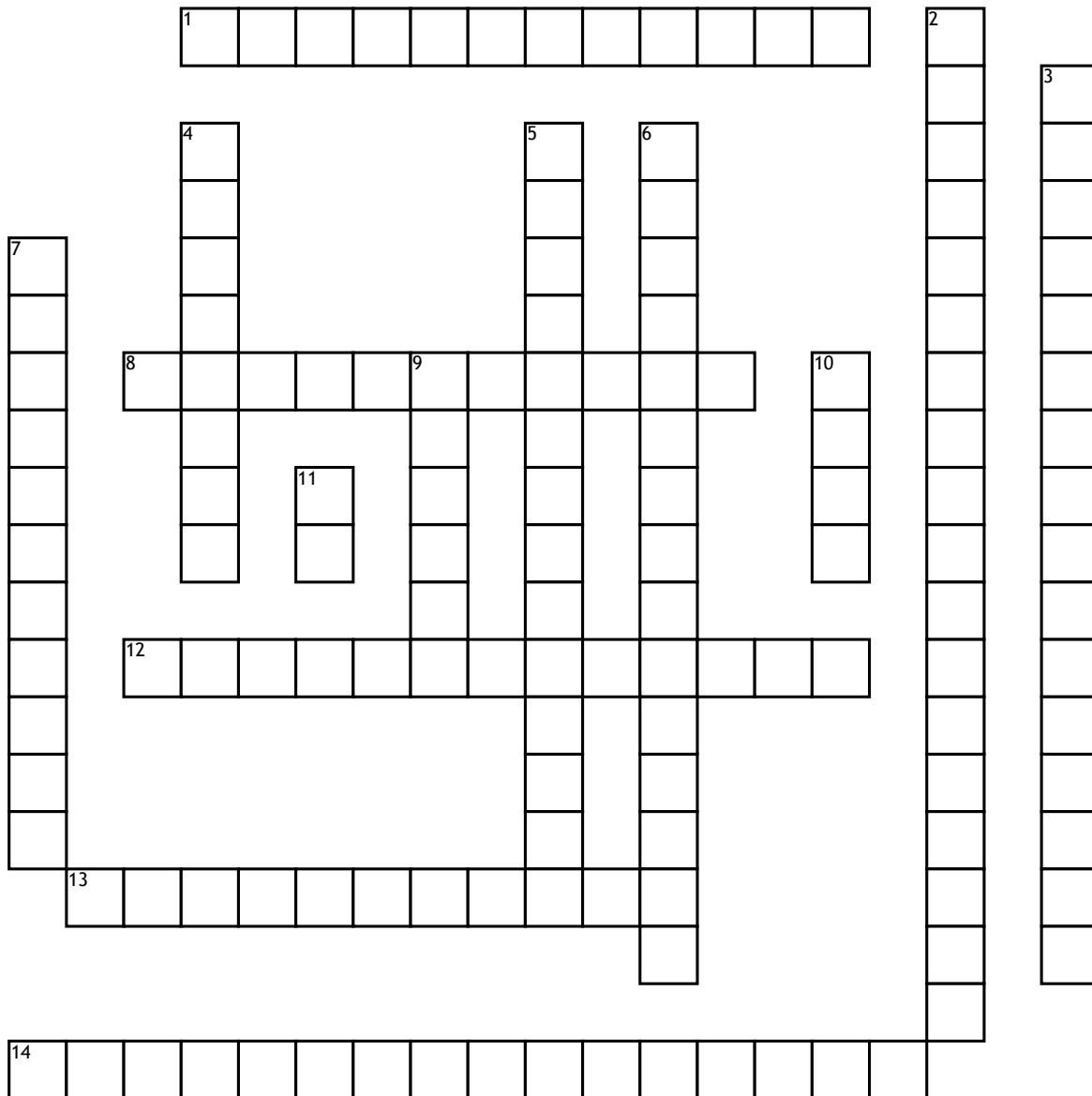


Name: \_\_\_\_\_

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

# Overuse Injuries



## Across

1. Swimmers Shoulder causes \_\_\_\_\_ in the bursa and tendon of the shoulder.
8. This condition may also be referred to by a doctor as lateral epicondylitis.
12. Medication is a treatment option for Shin Splints as it helps alleviate \_\_\_\_\_ & \_\_\_\_\_.
13. Stiffness of the knee, pain whilst bending, and weakness of the calf are all signs of ...
14. This condition is usually caused by a muscle imbalance, and made worse when combined with overtraining.

## Down

2. If surgery is required to assist in the treatment of this condition, complications such as hematoma and deep vein thrombosis are possible.
3. When suffering from Little League Elbow, the stress on the elbow results in stress on the \_\_\_\_\_ and \_\_\_\_\_ compression of the lateral structures.
4. Excessive exercise or walking is a common cause of Achilles Tendonitis, especially for \_\_\_\_\_.
5. Regarding Jumper's Knee, the \_\_\_\_\_ is damaged.
6. This condition arises when bones grow faster than muscles and tendons.
7. This condition is common in runners and is typically recognized by pain in the front of the lower leg.
9. Little League Elbow is caused by repetitive \_\_\_\_\_ to the growth plate of the inside of the elbow.
10. Osgood-Schlatter disease is most common in boys aged \_\_\_\_ - \_\_\_\_.
11. Tennis Elbow affects \_\_\_\_ - \_\_\_\_% of the population.