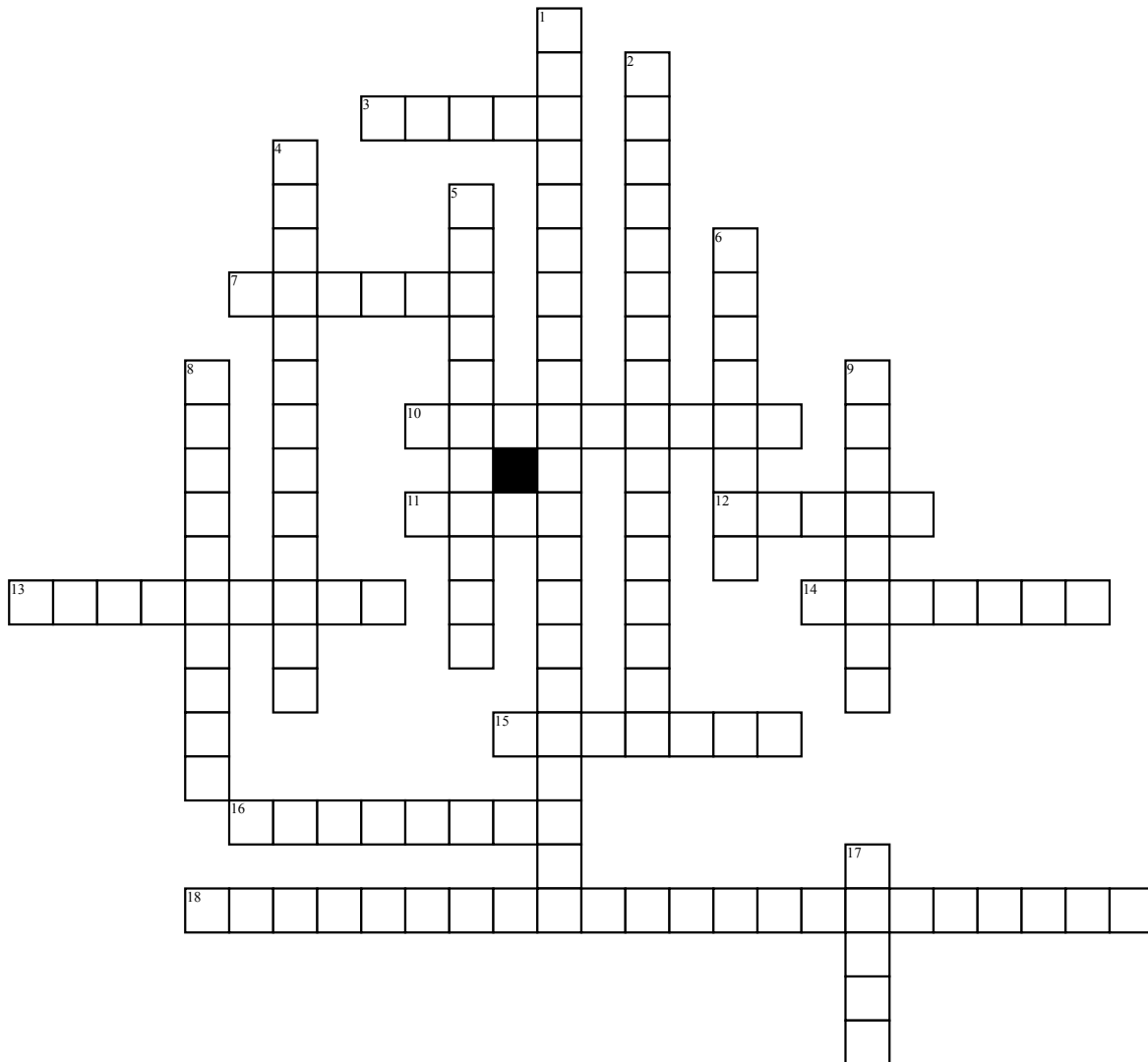


# Patella Dislocation



**Across**

- 3. You should monitor the \_\_\_\_\_ range of motion to prevent this injury
- 7. Pain will be felt along the \_\_\_\_\_ side due to high stress applied on the ligaments.
- 10. Following a single dislocation \_\_\_\_\_ exercises will help.
- 11. After a single dislocation, the common recovery time can take up to \_\_\_\_\_ weeks.
- 12. Post dislocation the patient will experience rapid, \_\_\_\_\_ swelling.
- 13. Surgery can be utilized to \_\_\_\_\_ the patella during frequent dislocations.

- 14. This can lead to \_\_\_\_\_ pain if reoccurs
- 15. The patella is commonly known as the \_\_\_\_\_.
- 16. After a dislocation the patella must be moved \_\_\_\_\_ followed by slowly extending the knee.
- 18. This ligament attaches horizontally to the adductor magnus tendon.

**Down**

- 1. Fragments of cartilage can begin to chip off of the \_\_\_\_\_ if the dislocations continue to occur.
- 2. When palpating, you should palpate near the \_\_\_\_\_.

- 4. \_\_\_\_\_ the muscles around the hip, thigh, and knee are important.
- 5. The most common mechanism which leads to a patellar dislocation is \_\_\_\_\_.
- 6. \_\_\_\_\_ therapy is key to restrengthening the muscles surrounding the patella.
- 8. By strengthening the \_\_\_\_\_ you can help prevent future dislocations.
- 9. The use of \_\_\_\_\_ will help when in the recovery period.
- 17. While surgery is not always needed, it can help release \_\_\_\_\_ structures.