

Name: _____

Date: _____

Patella Tendonitis

Q P Q D I F P L Q Q E H A M H J I K S M I Z I J
G L P W N K S Q A G Z Y Y L E X G N A S N A Z J
B W A M J L K C I R T N E C C E L T M U D U R Z
U R O O U L P X M X P G Q M Y M T R P M T X X T
Q D Y H R W U K H P R Z J T S A C F S O Q H H J
N E R N Y B D U Z W S R P E C I R D A U Q D X U
L S D W G G L N A F X S J F G I I F I C X G E M
T I O G P E F U Z S T C V C W N V D C I J P V P
C C G P A S H H V I Q D E C I F L F W L E T S E
W R L V U G R E F N S T P I M L W K O W Z Y I R
M E H R X L K F H S J J A O W A G Y S W W D T I
G X G F S S V P T W E L H E R M Z K N N F M I O
E E V E Q B L P B M P R G E H M R T T W N I N U
H C R L K S D S K A A V R W A A J W O Q S B O J
F G S L H E L W E X T Q X W E T H B R I W Q D M
M P O W Z K D E I Z E G S E A I E G K E W G N O
W V E L X K N U D B L U Y I F O L P C O O H E R
V R X O Q K X U O A L D L T J N D H W Z P R T S
P M C X D F G U M W A R G N H C T E R T S V G T
L V K X A T X D M O S C R P H C L I B F N Z G T
F K J K Q S U O G O C P M Q Y D Z T A O B R E R
M P Z U H E Z J Z Y T I L I B I X E L F K N V K
A O D M A I B I T D J C O D M O W N G L T M I O
C S W B F I W D P H R I Y X T J L Y M Y B N Q M

Inflammation
Quadricep
stretch
Jumper
Heat

flexibility
Eccentric
Patella
Stiff
Knee

Tendonitis
Exercise
injury
Tibia
Ice