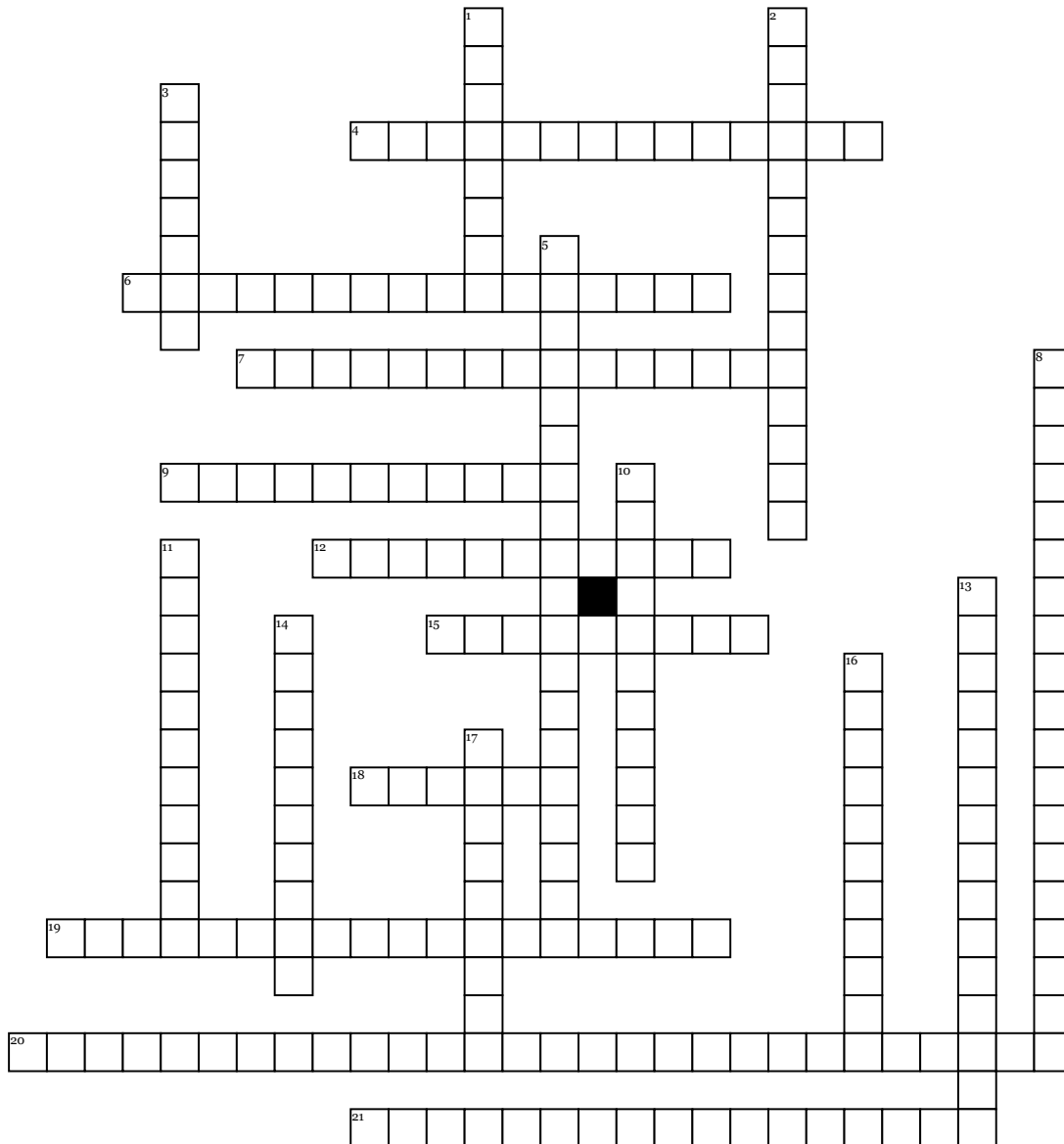


# Protective Taping & Wrapping



## Across

- 4.** cause of most wrist injuries  
**6.** keep foot from flattening  
**7.** elastic tapes with cotton threads  
**9.** use of double length elastic wrap  
**12.** before applying tape to the athlete the AT should  
**15.** most common tape to be torn by hand  
**18.** discomfort because of excessive pressure on the medial aspect of shoe

**19.** responsible of injuring the ACL

**20.** taping of the MCL  
**21.** give support and help prevent inversion ankle sprains

## Down

- 1.** thick tape with a lot of adhesive on one side  
**2.** restricts the amount of dorsiflexion at the ankle  
**3.** restrict extension of the great toe  
**5.** falling on a overstretch elbow

**8.** placing anchors around the wrist, around the hand, and around the top of the thumb  
**10.** helpful for applying compression and support to the area

- 11.** can return to its original length after being stretched  
**13.** used with acute ankle sprains to help prevent swelling  
**14.** combination of linen and elastic  
**16.** overlapping strips of tap around lower leg  
**17.** used to improve joint movement