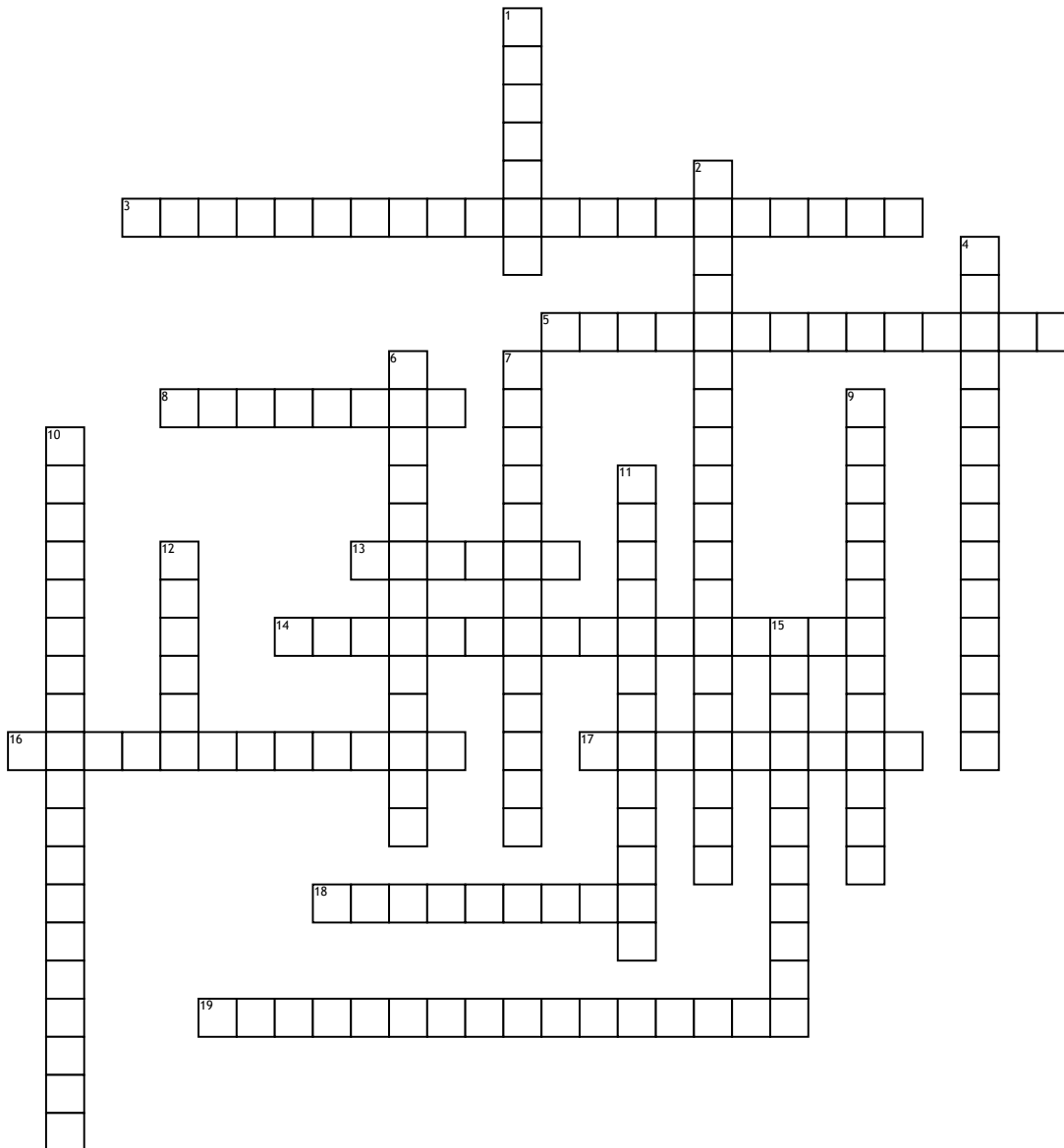


Name: \_\_\_\_\_

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

# Spine Athletic Care and Prevention



## Across

3. Syndrome characterized by narrowing of spinal canal in the cervical region that impinges on the spinal cord

5. Involves a snapping of the head and neck; rule out fracture, dislocation, disk injury, or cord injury

8. in this region muscles of the neck resist hyperflexion, hyperextension, and rotational forces

13. region below the sacrum; also known as tailbone

14. pain localized to one side of the neck; multiple techniques including traction, superficial heat and cold treatments

16. \_ is paralysis of all four limbs and the trunk

17. \_ are the 33 bones located in the spinal column

18. characterized by sideways curvature of spine

19. sensation testing; if nerve root compression sensation will be disrupted

## Down

1. nerve pain that originates in the spine and move towards the back of the legs

2. usually result of violent flexion and rotation of the head; more likely to cause spinal cord injury than a fracture

4. result of stretching or compression; burning sensation, numbness, and tingling, as well as pain extending from shoulder into the hand

6. direct blow to the back; ice massage combine with gradual stretching, recovery usually two day to two weeks

7. degeneration of the vertebrae; localized tenderness and some possible segmental hypermobility

9. Trunk stabilization exercises; passive anteroposterior or rotational movements will increase pain

10. POLICE to decrease spasm; followed by a graduated stretching and strengthening program

11. caused by abnormal stresses and degeneration due to use; forward bending and twisting

12. what region should you avoid bad posture and seating positions? Piriformis muscle test / positive test indicates tightness or myofascial pain; can be done seated with hip and knee at 90 degrees?

15. palpation is the second part of this exam; focus areas of focus should be center of the back and lateral to the center or para-spinal regions.(type of exam)