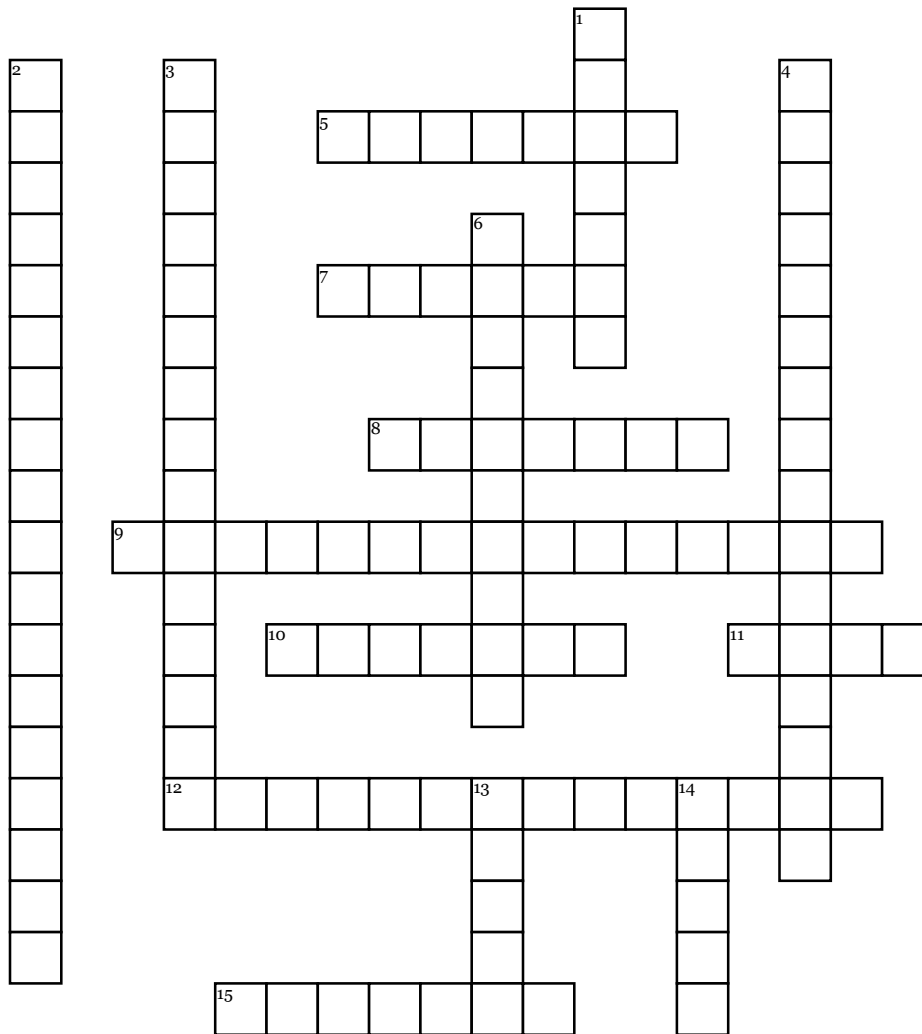


# Sports Med Crossword Puzzle



**Across**

- 5. The kneecap
- 7. The bicep femoris attaches on this bone
- 8. Sprain of the big toe joint from injury during sports activities.
- 9. A disease characterized by the epiphyseal inflammation of the tibial tubercle
- 10. Torn posterior cruciate ligament within the knee.
- 11. Largest and most complex joint in the body

12. A tiny crack in a bone caused by repetitive stress or force, often from overuse.

15. A torn anterior cruciate ligament in the knee.

**Down**

- 1. Sprain or tear in the medial collateral ligament.
- 2. Injury of the achilles tendon, which connects the calf muscle to the heel bone.
- 3. Inflammation of a thick band of tissue that connects the heel bone to the toes.

4. Common injury, most often caused by the ankle rolling inward or outward.

6. 4 muscles of the anterior thigh: rectus femoris, vastus medialis, vastus intermedius, vastus lateralis

13. Bone of the thigh, articulating at the hip and the knee.

14. Inner and typically larger of the two bones between the knee and the ankle (or the equivalent joints in other terrestrial vertebrates), parallel with the fibula.

**Word Bank**

- |                    |                     |                  |          |
|--------------------|---------------------|------------------|----------|
| Tibia              | Femur               | Plantar Fascitis | Torn PCL |
| ACL Torn           | MCL Tear            | Quadriceps       | Fibula   |
| Osgood Schlatter   | Achilles Tendonitis | Patella          | Knee     |
| Acute Ankle Injury | Stress Fracture     | Turf Toe         |          |