

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

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

# The Ankle

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

- |                |             |             |           |           |
|----------------|-------------|-------------|-----------|-----------|
| rehabilitation | instability | compression | contusion | inversion |
| deformity      | elevation   | calcaneus   | fracture  | swelling  |
| anterior       | achilles    | ligament    | lateral   | support   |
| media;         | strain      | sprain      | medial    | gibney    |
| injury         | fibula      | tendon      | color     | talus     |
| tibia          | bones       | pain        | rest      | ice       |