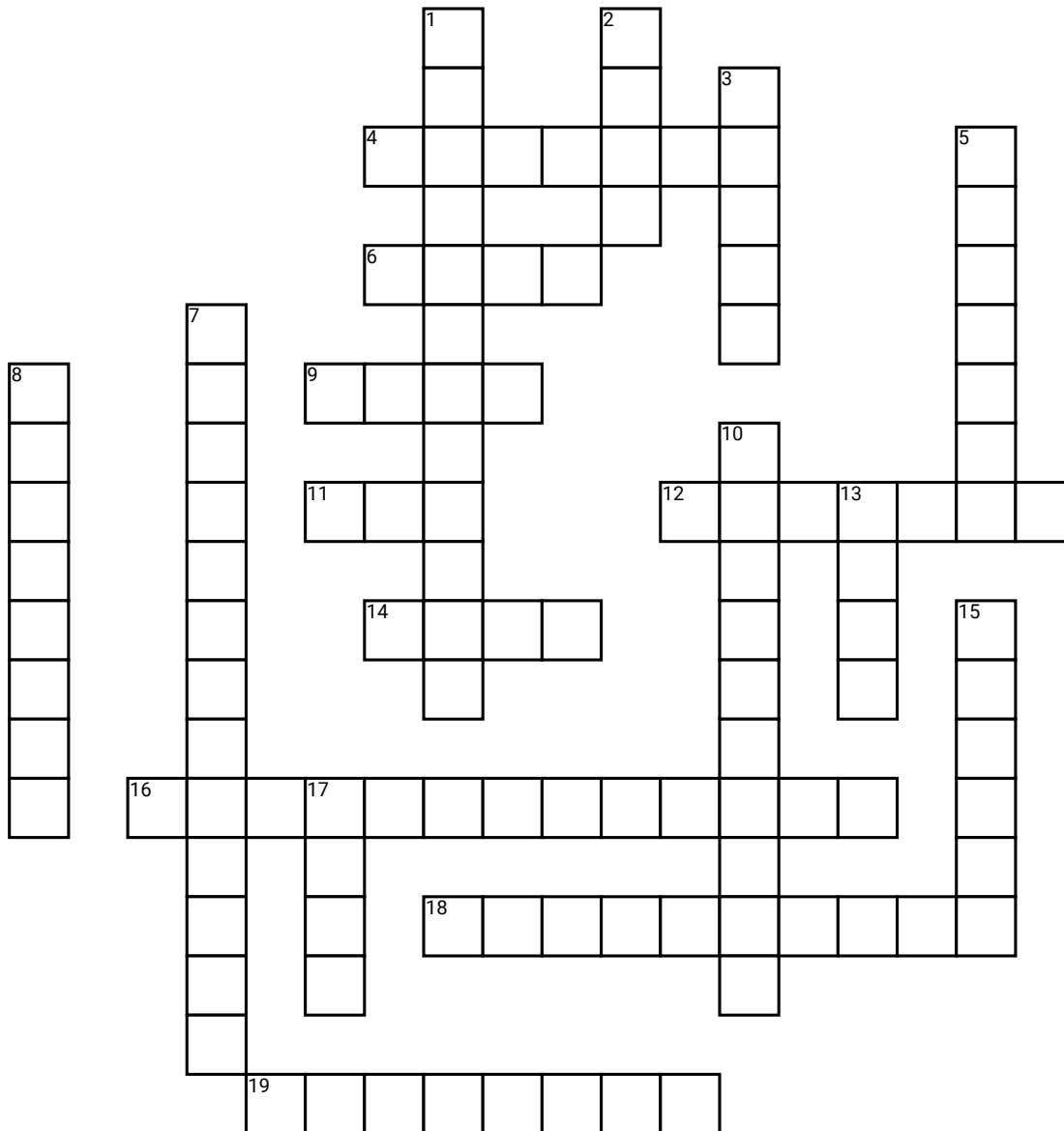


Torn Achilles Tendon



Across

4. Wearing correct footwear helps to what?
6. Prevention: Alternate ____ impact sports with low impact sports
9. Prevention: Which muscles should you stretch and keep strong?
11. What is the longest amount of months for recovery?
12. Chronic: What will happen a month to a month and half after the injury happened?
14. What direction do you palpate?

16. What is the name of the calf muscle involved with the achilles tendon?

18. What bone does the achilles tendon attach to?

19. Young, ____ people are more likely to get surgery.

Down

1. A violent ____ of a plantar flexed foot can cause this injury.
2. Palpate the sides of the tendon by the...
3. Chronic: Your ankle will be ____
5. Sudden, forced ____ flexion of the foot can cause an achilles tendon tear.

7. What type of device is used to restrict movement of your ankle?

8. What tendon is involved?

10. What type of surgery is the reconstruction?

13. T/F: Physical therapy will help strengthen and stretch the tendon

15. What is the muscle that is posterior to the fibula head?

17. T/F: Nonsurgical will focus on reducing pain and strengthening