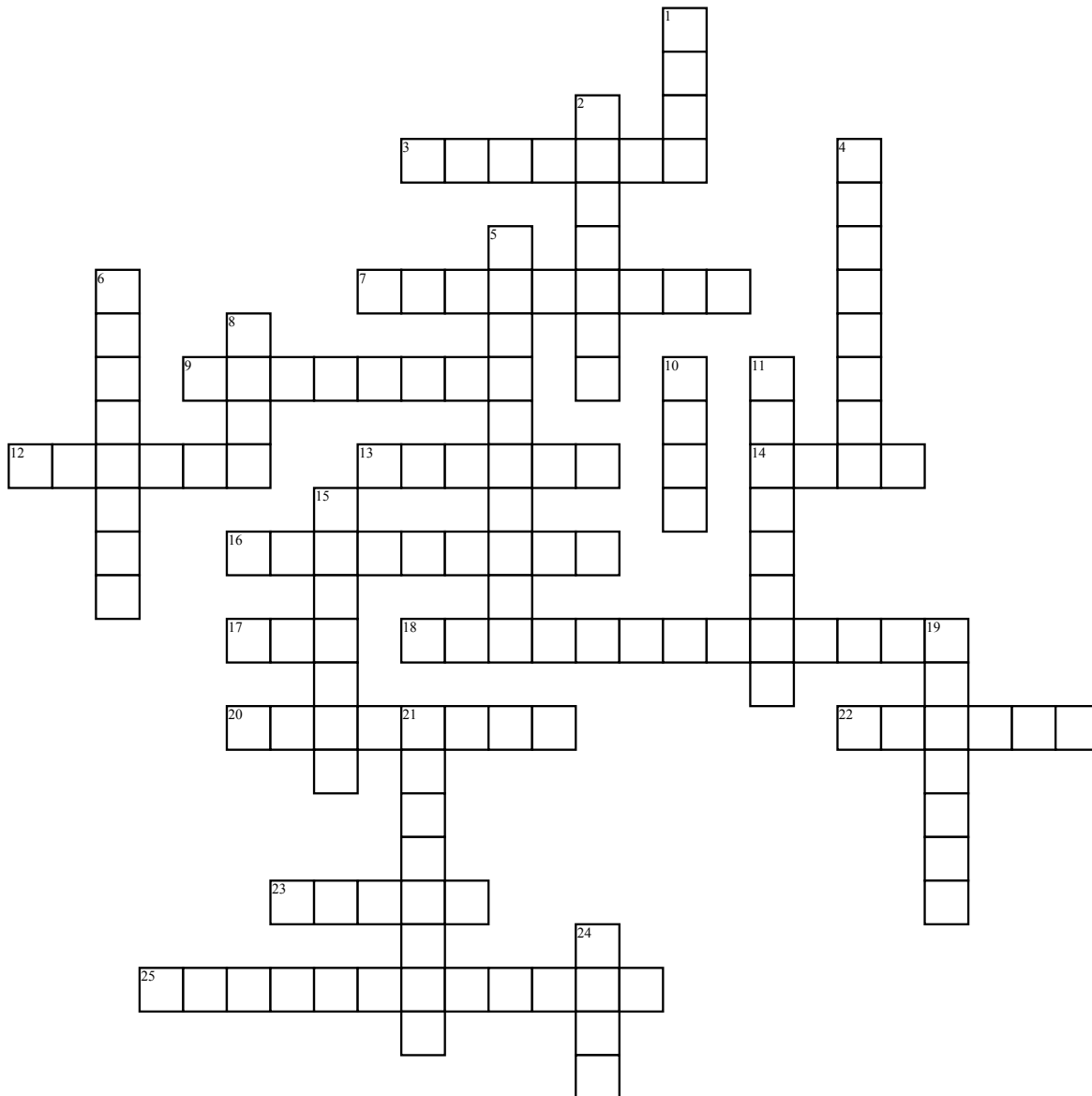


achilles tendon rupture



Across

3. Daily active _____ flexion exercises prevent athletes from injury to reoccur.
7. Nonoperative treatment avoids the risks associated with surgery, such as _____.
9. Your Achilles tendon helps you point your foot _____, rise on your toes and push off your foot as you walk.
12. A cast, _____, brace, walking boot, or other device may be used to immobilize the lower part of the leg.
13. Achilles tendon ruptures are seen in athletes over _____ years old.
14. A sign and symptom of Achilles tendon ruptures is pain and swelling near the _____.
16. The Achilles tendon inserts into the _____ bone.
17. Achllies tendon rupture rehab lasts about _____ months.
18. The Achilles tendon also inserts into the _____ muscle.

20. A positive _____ test determines an achilles tendon rupture.
22. Avoid activities that place excessive _____ on your Achilles tendon.
23. You should squeez the thumb and _____ finger to palpate.
25. Nonsurgical treatment starts with _____ your leg, which prevents you from moving the lower ankle so that the ends of the Achilles tendon can reattach and heal.

Down

1. An Achilles tendon rupture is a complete or partial _____ that occurs when the tendon is stretched beyond its capacity.
2. To reduce your chance of developing Achilles tendon problems, _____ your calf muscles.
4. Achilles tendon injuries commonly occur after an _____ in training intensity.
5. A sign and symptom of achilles tendon ruptures is point _____.

6. Achilles tendon rupture rehab consists of wearing _____ in both shoes. (2 words)
8. You rely on the Achilles tendon every time you walk and move your _____.
10. Having an Achilles tendon rupture will affect the ability to _____.
11. This rupture is often caused by a sudden increase in the stress on your _____ tendon.
15. Sudden and forced plantar _____ of the foot is a common mechanism that causes an achilles tendon rupture.
19. _____ is the most common treatment for Achilles tendon rupture.
21. Dress _____ for training and wear well-fitting athletic shoes with proper cushioning in the heels.
24. A sudden _____ is a sign of a ruptured achilles tendon.