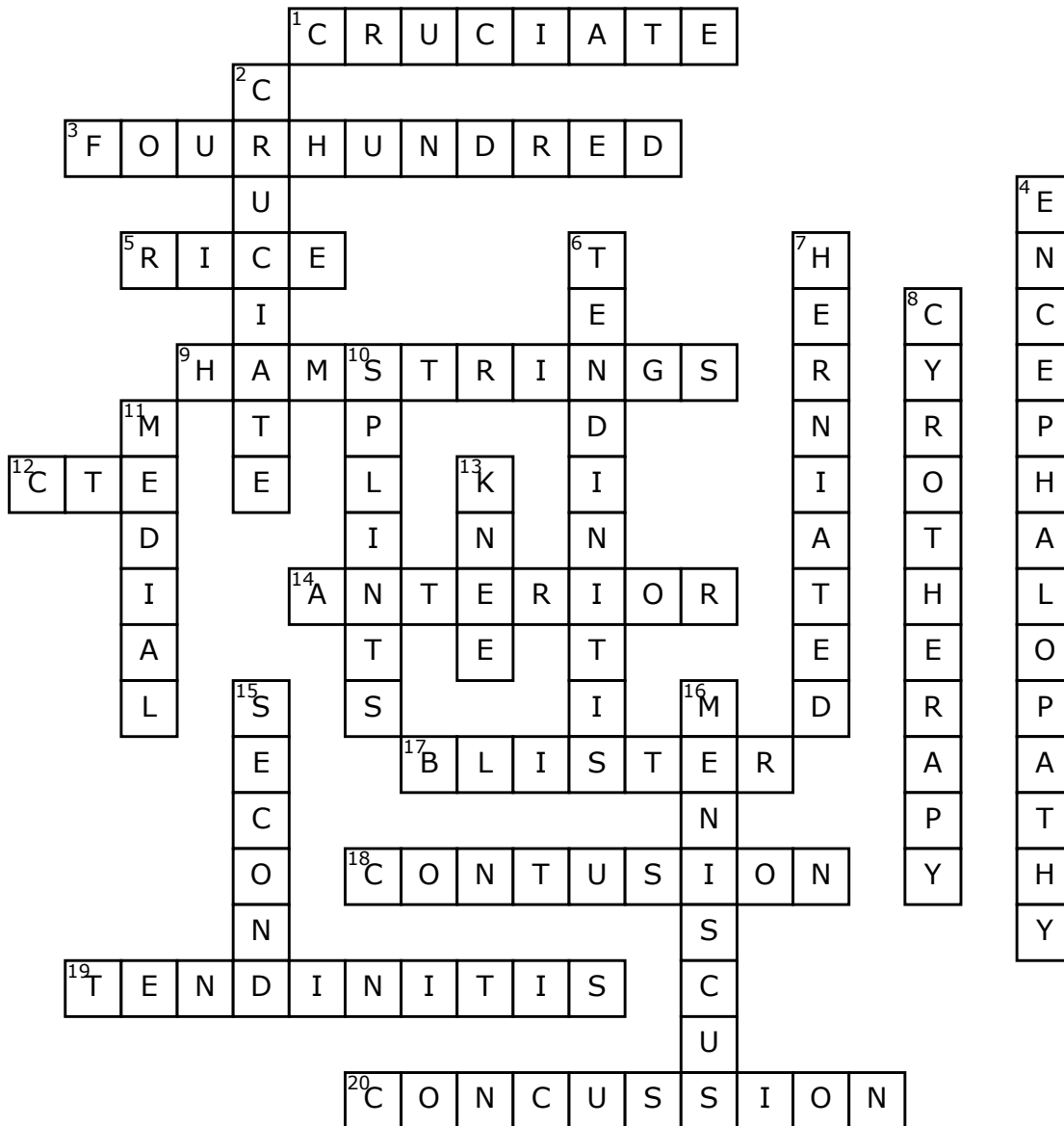


Football Injuries



Across

1. The Anterior _____ ligament is the most commonly injured ligament in the knee.

3. Out the 2,600 players that are in the NFL, roughly _____ of them are injured every year, including minor and extreme injuries.

5. When you get an injury you can _____ until your injury heals.

9. Bursts of speed can cause them _____ to tear if the player is not conditioned or properly warmed up.

12. Mike Webster was found to have _____ after he had an autopsy of his brain, after his death.

14. The _____ Cruciate Ligament is the most common season-ending problem.

17. Over time, continued friction can cause the top layer of skin to separate from the second layer of skin and cause a _____.

18. A strong impact to a large muscle, usually in the thigh, can cause a _____.

19. Patellar _____ (knee pain) is a common problem that football players develop.

20. A _____ is a type of traumatic brain injury that is caused by a blow to the head or body, a fall, or another injury that jars or shakes the brain inside the skull.

Down

2. The Anterior _____ ligament is the most commonly injured ligament in the knee.

4. CTE is an acronym for Chronic Traumatic _____.

6. Frequent throwing can cause shoulder _____ from repetitive motions.

7. A _____ disc is a common source of back pain, often called a slipped disk or a ruptured disk.

8. What is the medical term for cold therapy?

10. Shin _____ generally occur after cumulative stress causes micro trauma to the soleus muscle at the point of attachment to the shinbone.

11. Injury to the _____ collateral ligament in the knee is also very common because it occurs when the knee is impacted from the side.

13. _____ injuries in football are the most common.

15. _____ impact syndrome describes the situation in which an individual sustains a second head injury before the symptoms from the first head injury have resolved.

16. When a player rotates their body while a foot stays planted, the knee can twist, causing them _____ to tear.