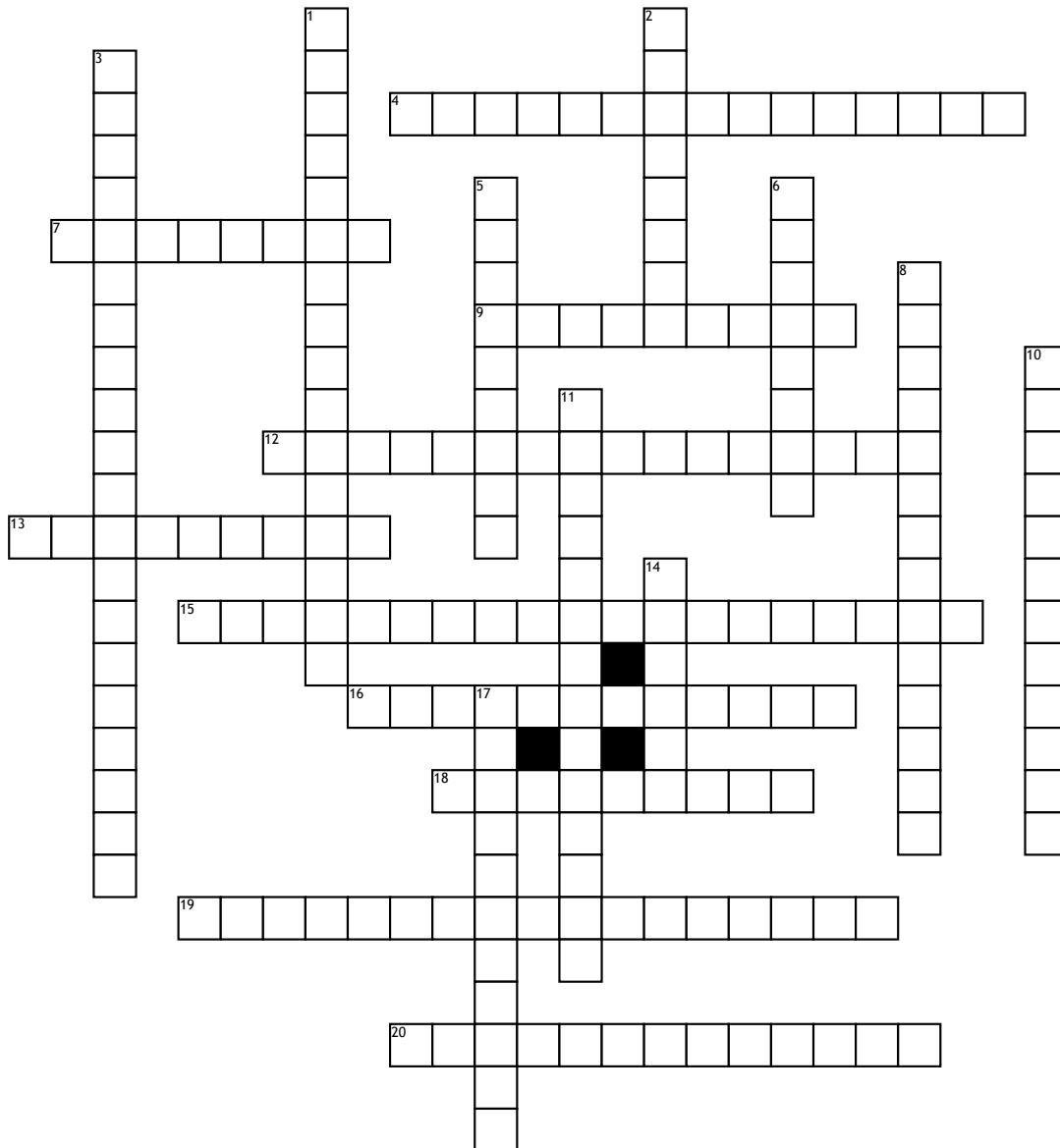


Ankle



Across

4. the ligament that connects the calcaneus and fibula.

7. the longs, brevis, and terminus make up what muscle?

9. to get strength back after tendonitis, we use _____ exercises.

12. what are the 4 ligaments called on the medial side of your ankle?

13. a peroneal tendon dislocation is when the tendon pops over the ridge of the lateral _____.

15. the ligament that connects the talus and fibula on the front side.

16. what is the motion of the tibias anterior?

18. tibialis posterior perform _____ motion.

19. what muscle starts on posterior tibia and wraps around the medial malleolus and inserts into the medial foot?

20. what is the superficial muscle in the calf?

Down

1. the _____ tell you if you need to get an x-ray or not for your ankle.

2. the peroneals perform _____ motion.

3. the ligament that connects the talus and fibula on the back side.

5. which ankle sprain is most common?

6. the _____ tendon is connected to the gastroc and soleus and the calcaneus.

8. if you do not fix MTSS, it will lead to _____.

10. swelling, heat, redness, pain, and decrease function are signs of _____.

11. what is the motion of the calf?

14. what is the muscle that is deep in the calf?

17. the tissue separating the tibia and fibula is called what?