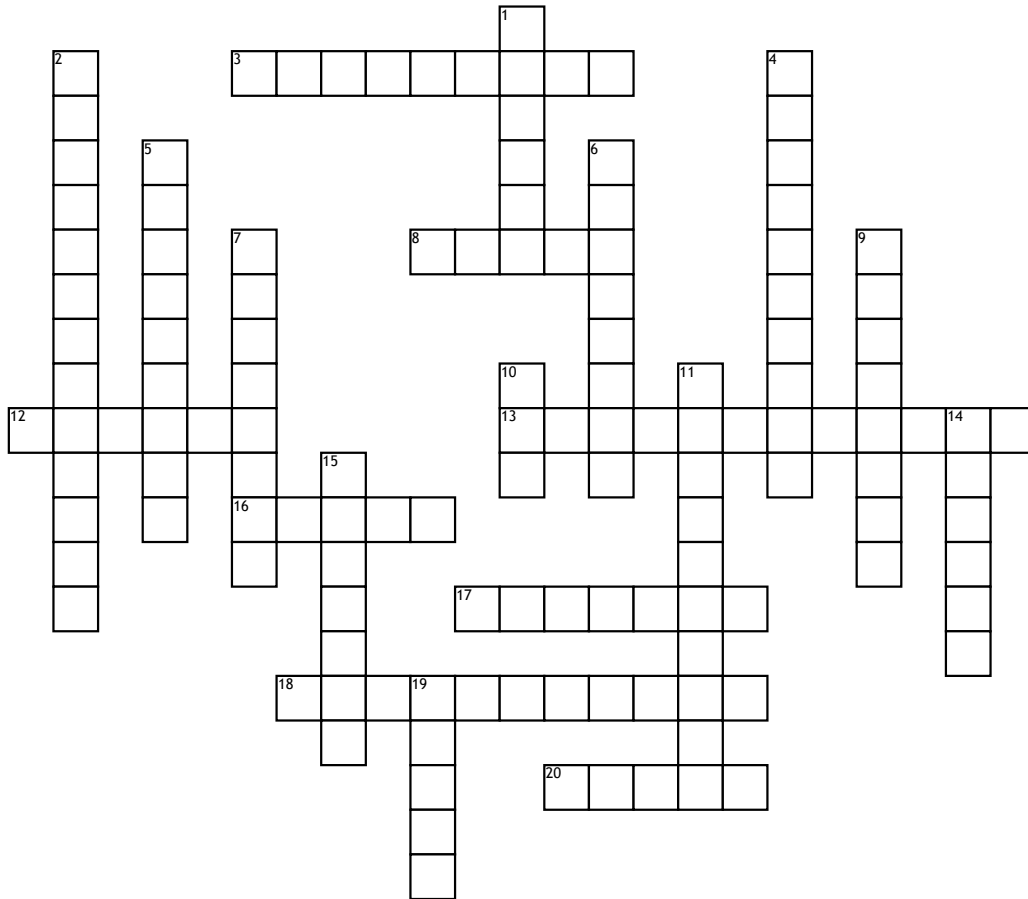


Elbow Injury Crossword Puzzle



Across

- 3. Another name for the surgical procedure first performed on this baseball player
- 8. inflammation of the _____ nerve is often a result of this injury
- 12. Palpation along the _____ part of the elbow is used to indicate if the ulnar nerve has been damaged
- 13. Rest and NSAIDS are early efforts utilized in non- surgical _____ treatments
- 16. Can result from either a chronic or _____ injury
- 17. Repeated stress from throwing is known to cause this type of injury
- 18. A positive Tinel's sign indicates

- 20. UCL injuries frequently occur in an athletes _____ extremity

Down

- 1. An examination of an athletes throwing _____ may be used to mark any improvements/abnormalities during the recovery period
- 2. Once pain is reduced fairly, it is vital to perform _____ exercises
- 4. should be used to decrease the chances of straining the ligaments near/ on your elbow including the Ulnar Collateral Ligament
- 5. Precaution that focuses on a thrower's _____ to prevent re-injury of the UCL
- 6. UCL injuries are most common in _____ athletes

- 7. Along with rest, balancing this may aid in preventing an increase in instability and MCL calcification
- 9. To prevent reoccurrence it is especially important to take at least how many months to recover fully
- 10. Usually tenderness occurs on this structure
- 11. Ulnar collateral ligaments injuries occur because of _____ Trauma
- 14. Symptom includes discomfort at 20 degrees with a _____ stress test
- 15. Often includes signs of hypertrophy of the _____ condyle through x-rays
- 19. Injury of the UCL occurs in the _____ that connects the proximal section of the Ulna to the distal part of the humerus

Word Bank

- | | | | | |
|---------------|--------------|-------------|------------|-------------|
| Chronic | Conservative | throwing | eighteen | Acute |
| Elbow | Motion | Paresthesia | Workload | Valgus |
| Medial | Upper | MCL | Repetitive | Ulnar |
| strengthening | Tommy John | Humeral | Mechanics | Neon Sleeve |