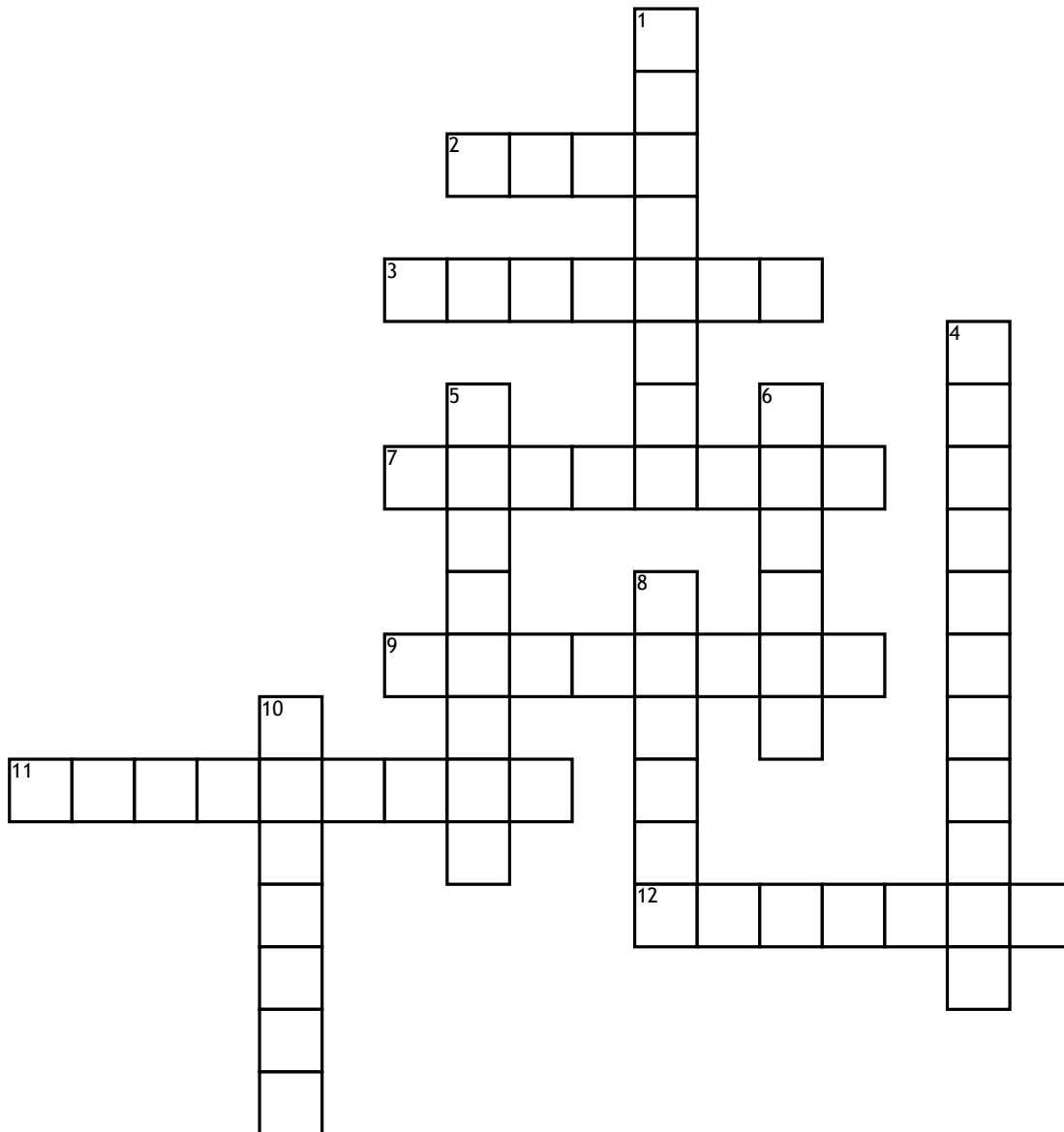


H ATHletic Training



Across

2. Is when the injury is away from the body's surface.
3. Means the same thing as anterior but is used more when referencing the hand and foot
7. The front of the body. When you are facing the athlete, you are looking at the anterior aspect. So, if you were told the athlete got hit in the anterior aspect of their leg you know it's the front of their leg.
9. Is when a limb attaches to the trunk of the body. Some examples are your shoulder to elbow, and your hip to leg.

11. The back of the body. If the athlete is facing the opposite way you are seeing their posterior aspects. If you were told the posterior aspect of the knee hurts the AT would know that the back of the athlete's knee hurts.

12. When the injury is farther away to the midline than another part of the body it is more lateral. But if the same athlete comes in and that calf that is hurt is the side of the calf that faces out it is more lateral.

Down

1. One part of the body being higher than the others. Your knee is superior to your ankle.

4. Is when the injury is close to the body's surface

5. One part of the body being lower than others. Your pelvis is inferior to the ribs.

6. Means the same thing as posterior but is used more when referencing the foot and hand

8. Is when a limb is not attached to the trunk of the body. Some examples are the knee to the hip, the fingertip to the one at the base.

10. If the injury is closer to the midline than another part of the body it is more medial. For example, if the athlete's calf is hurt and you look at the calf that faces the other leg that is medial.