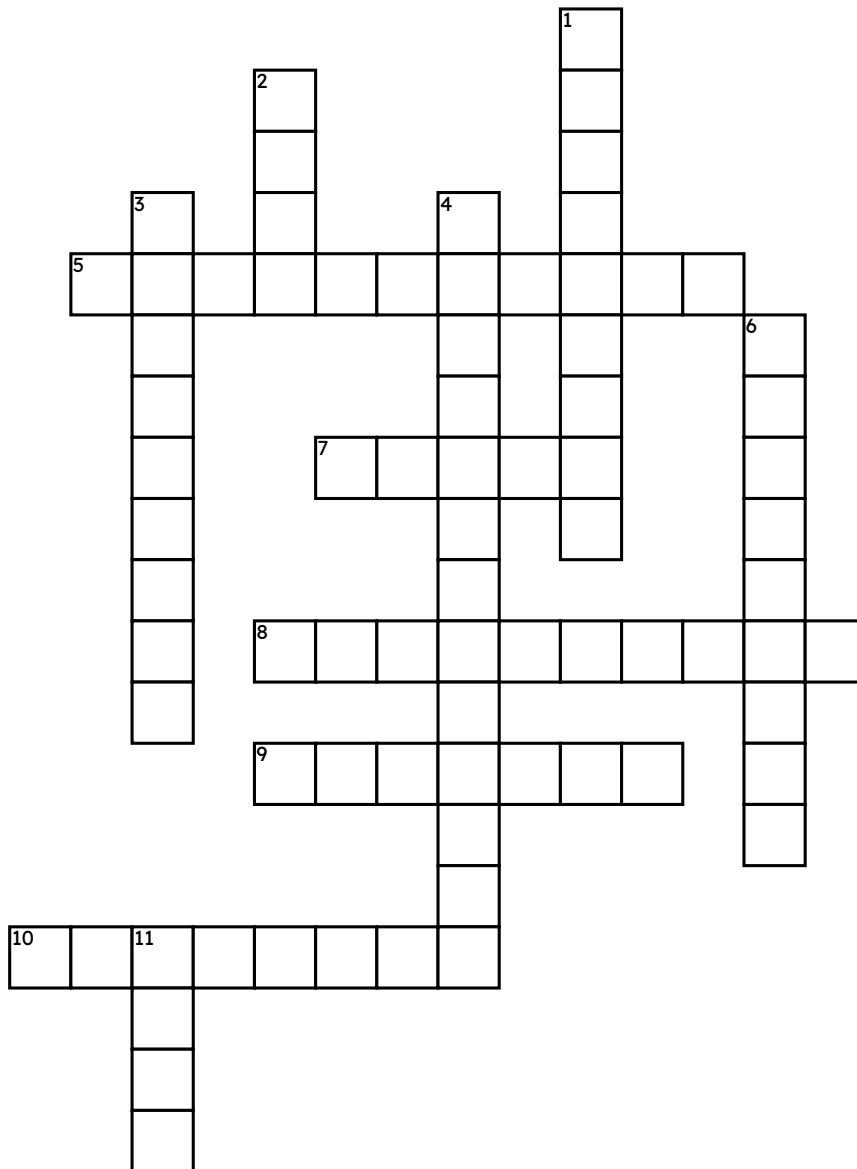


Name: _____

Date: _____

Hip Flexor Injury



Across

5. The most serious hip flexor injuries are _____ sprains where the bone breaks alongside the muscle sprain.
7. ___injuries generally result in tears of the Rectus Femoris hip flexor
8. Hip exercises can help to _____ the hip flexor muscles
9. _____hip flexor pain is generally felt to be due to the Psoas tendon.
10. able to return to play within_____ following an acute or recent rectus femoris injury.

Down

1. Treatments for this condition will involve taking _____
2. ice area at least ___ hours for up to 20 min at a time.
3. Patients will develop a _____ in the hip or pelvis after trauma to the area
4. The _____is one of your quadriceps muscles.
6. _____injuries occur more frequently in running, sprinting and kicking sports
11. In severe cases, doctors recommend an ____