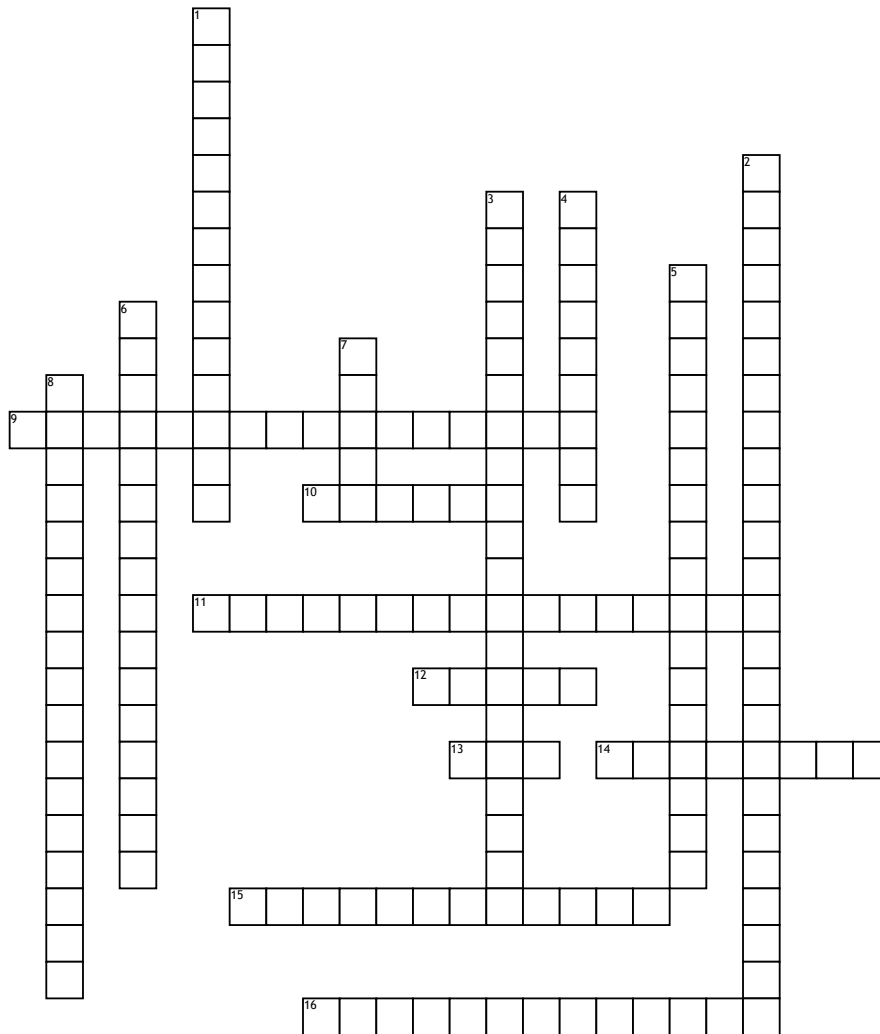


# Injuries to the Arm, Wrist, and Hand (Part 1)



## Across

9. Two articulations (pivot) formed by the proximal and distal radius and ulna, known commonly as the proximal and distal radioulnar joints.

10. Position of a body part that is bent outward.

11. Articulation (ginglymus) formed by the proximal end of the ulna, specifically the trochlear notch, with the distal end of the humerus, specifically the trochlea.

12. Position of a body part that is bent inward.

13. Ice, compression, and elevation.

14. Inflammation of muscle.

15. Medial humeral epicondylitis related to incorrect golf technique.

16. Inflammatory response at the epicondyle.

## Down

1. Transverse fracture of the distal radius.

2. Condition in which a fragment of cartilage and underlying bone are detached from the articular surface.

3. Contracture of muscles of the forearm related to a loss of blood supply caused by a fracture and/or dislocation of either of the bones in the forearm or the humerus.

4. Bony outgrowths that protrude from the surface of a bone where there is not a typical bony formation.

5. Articulation (arthrodial) formed by the proximal end of the radius and the distal end of the humerus, specifically the capitellum.

6. Articulation (ellipsoidal) formed by the distal end of the radius and three bones of the wrist: navicular, lunate, and triquetral.

7. Small synovial sac typically located over bony prominences that assists in cushioning and reducing friction.

8. Formation of a benign growth projecting from the humerus that is caused by repeated blows to the upper arm region; common in tackle football.

## Word Bank

humeroradial joint

radioulnar joints

valgus

humeroulnar joint

bursa

exostosis

osteochondritis dissecans

tackler's exostosis

golfer's elbow

Volkman's contracture

epicondylitis

varus

radiocarpal joint

ICE

myositis

Colles' fracture