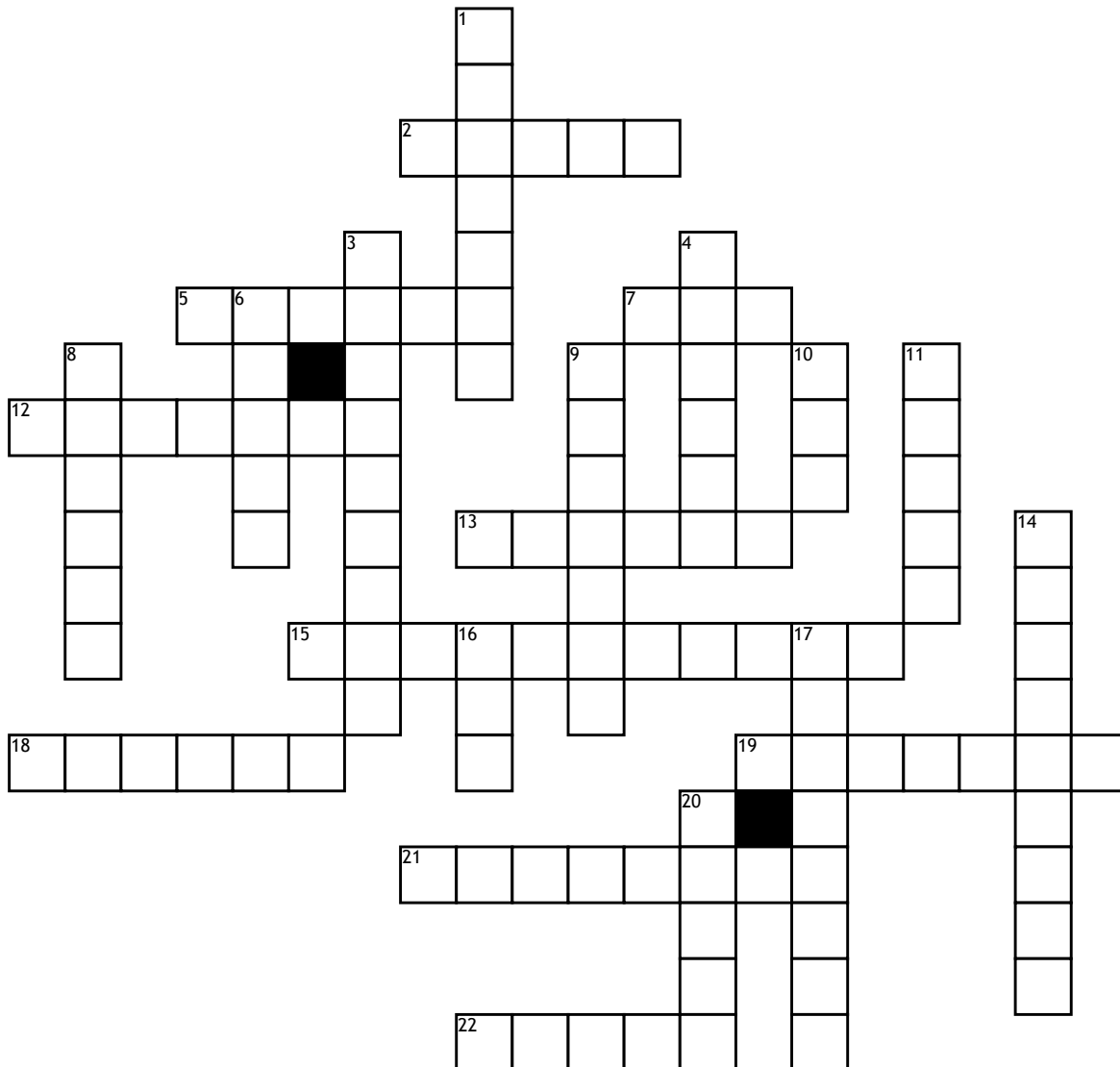


# Inversion Sprain



## Across

2. Positive \_\_\_\_\_ tilt and anterior drawer tests (grade 2)
5. Rule to determine if a radiograph is needed.
7. Will require protective immobilization, but the patient should begin \_\_\_\_\_ exercises early to aid in maintenance of motion and proprioception
12. The \_\_\_\_\_ ligaments are involved in an inversion ankle sprain
13. Severity of ligament sprains is classified according to \_\_\_\_\_.
15. Rupture of the anterior \_\_\_\_\_ ligament can create rotary ankle instability

18. \_\_\_\_\_ will provide support during early stages of walking and running

19. \_\_\_\_\_ may be warranted to stabilize ankle (grade 3)

21. Use \_\_\_\_\_ 5-10 days, progressing to weight bearing. (grade 2)

22. \_\_\_\_\_ rotates about longitudinal axis in the transverse plain

## Down

1. Occurs with inversion \_\_\_\_\_ flexion (grade 1).

3. X-ray is required if there is pain in \_\_\_\_\_ area.

4. A form of management for pain.

6. What grade of sprain is it if Surgery may be warranted to stabilize ankle?

8. \_\_\_\_\_ prior to activity to minimize possibility of injury.

9. Static and \_\_\_\_\_ joint stability is critical in preventing injury

10. Grade \_\_\_\_\_ takes 6-8 weeks to heal.

11. An inversion sprain is generally a \_\_\_\_\_ injury.

14. Most common sprain, and result in injury to the lateral ligaments

16. Grade \_\_\_\_\_ takes 2-4 weeks to regain full mobility.

17. Occasionally, the force is great enough for an \_\_\_\_\_ fracture to occur with the lateral malleolus

20. Wear the proper \_\_\_\_\_ to prevent injury.