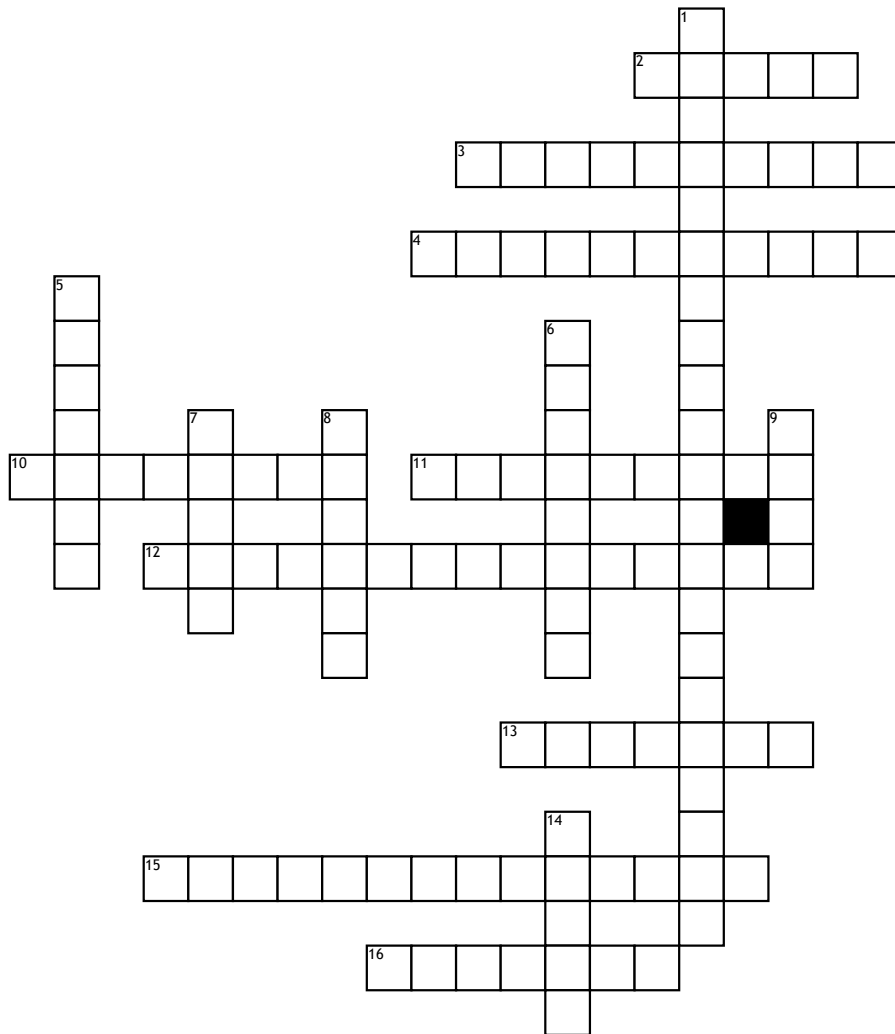


Name: _____

Date: _____

LCL Sprain



Across

- 2. This injury occurs as a result of _____ force applied to the knee.
- 3. A grade III LCL sprain will take _____ months to fully recover following surgical repair.
- 4. _____ will be observed upon varus testing
- 10. Severe damage can occur to which ligaments of the knee upon spraining the LCL?
- 11. A Grade I LCL tear may take _____ weeks to fully recover.

- 12. _____ is an alternative to surgical repair of the lcl and results in recovered ROM and strengthening of knee stabilizers
- 13. If a severe stretch occurs without proper treatment, this injury can become _____.
- 15. The LCL inserts on the _____ (2 words)
- 16. _____ may aid in preventing re-injury by preventing movements outside normal ROM of the knee

Down

- 1. The LCL originates at the _____ (3 words)

- 5. When palpating the knee for symptoms of LCL sprain you would palpate which side of the knee?
- 6. _____ may be recommended for all 3 grades of lcl sprains.
- 7. A grade II LCL sprain can take up to _____ weeks for full recovery.
- 8. The most common mechanism for this injury is a direct blow or trauma to the _____ side of the knee.
- 9. If your doctor cannot determine whether a tear has occurred or not an _____ may be administered.
- 14. This injury typically occurs when the _____ is internally rotated

Word Bank

- | | | | |
|-------------|------------------|-------------------------|---------|
| Eight | Crutches | Lateral Femoral Condyle | Bracing |
| Tibia | X-Ray | Chronic | Varus |
| two to four | Six to eight | Joint Laxity | Lateral |
| Cruciate | Physical Therapy | Anterior fibula | Medial |