

Name: _____

Pass

H Z C K Y S X V L Q G I S V Z N Z
C H R G N I D E E L B K P R U S Z
A O Q E S O C O D U R G A A E Z V
C H A V T A O Q N A G O T L U L N
U O Z P R W E L L X J Z O U S J P
E C H E E I K A Y N J F T C S T A
H J C Y T J T I Y B R U I S I N G
V I H S C N I N J U R Y F U T D L
R O O T H F A I D I N I O M T I E
N P A P Y P W K C X W Y U R F A G
M U S C L E D E U D A G G E O T I
J O K K N N P C M D X R P T S S F
E D G U H A N H G I H T I N H R M
R A L U C S U M A R T N I I B I R
Z E L K S P E C I R D A U Q Z F R
O Q Z E H T B O N E L A R L V V B
I N F L A M M A T I O N Z F J Q H

intermuscular	intramuscular	inflammation	soft tissue
Quadriceps	bleeding	bruising	firstaid
icepack	stretch	injury	muscle
totaps	ricer	thigh	bone
cork	leg		