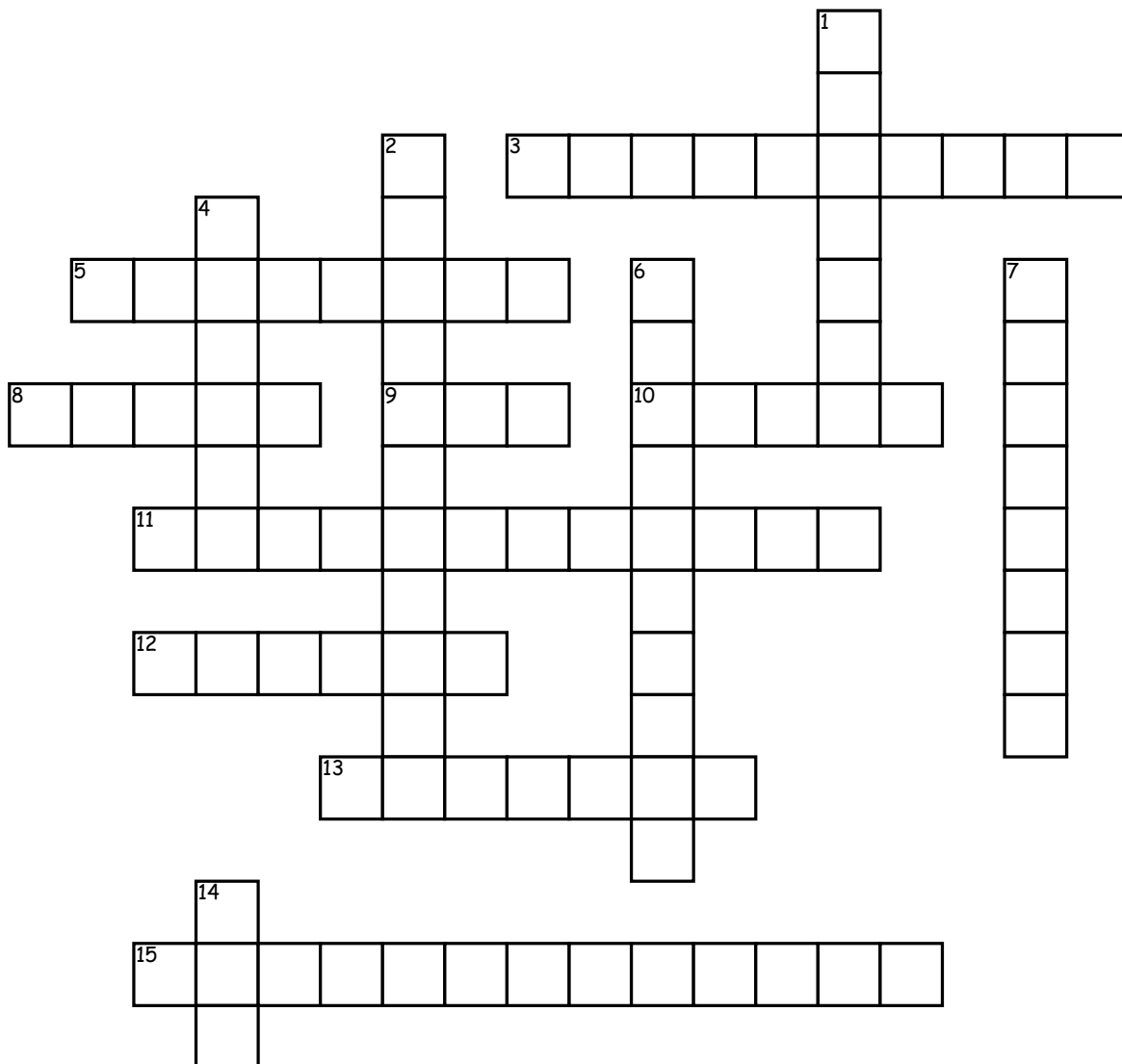


Physiological & Psychological Responses to Injury



Across

3. If an athlete is constantly sad and emotional following injury what are they suffering from?

5. An athlete is in denial about the severity of their injury and returns too soon what can happen?

8. What type of goals can be used when an athlete lacks motivation?

9. If someone has a haematoma they have suffered with bleeding in the tissues, how many different types are there?

10. This feeling can be towards oneself, others or the injury depending on how it was caused.

11. This stage peaks 2-3 days post injury

12. In this stage new tissue is deposited to replace the damaged tissue

13. What psychological response is normal during playing/competition?

15. What type of haematoma causes bruising?

Down

1. This treatment is probably the most commonly used to breakdown scar tissue

2. What could a plateau in progress during rehab & treatment cause?

4. What joins the platelets in the platelet plug?

6. Tissue laid down during the repair stage has less what than the original tissue?

7. This happens pretty much straight after injury

14. What type of stretching combines muscle contraction with stretching?