

Name: _____

Date: _____

Plica Syndrome

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

Hamstrings curl
quadriceps
bilateral
hughson
squat

stutter test
irritation
vestigial
falling
achy

infrapatella
repetitive
swelling
trauma

parapatella
stretching
snapping
Medial