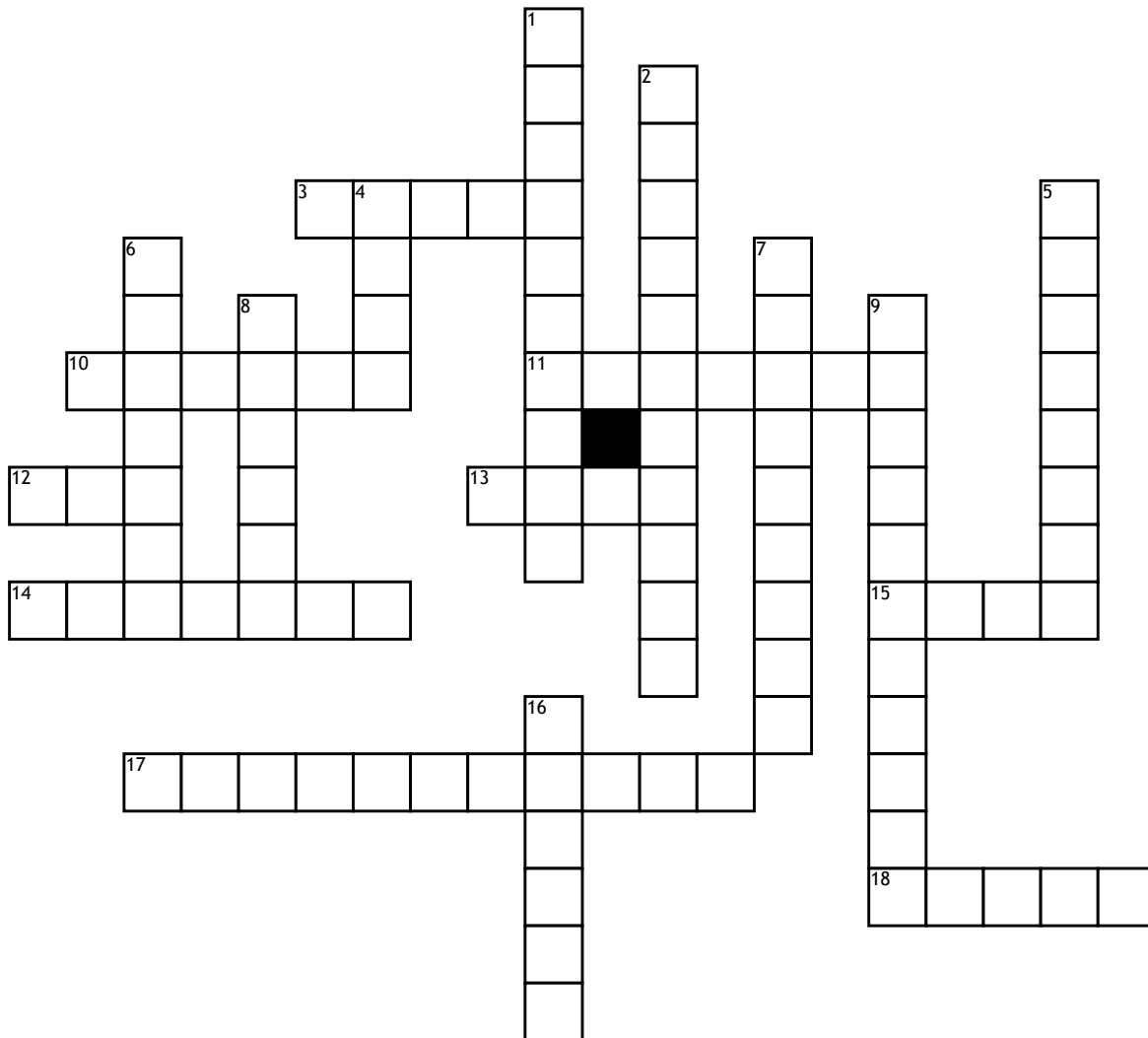


# Rec Leadership Injury Prevention Review



## Across

3. The acronym for treating unconscious people.  
 10. A fracture that occurs when the skin is not broken.  
 11. This is needed when cartilage is torn in the knee.  
 12. A soft tissue injury that could require stitches.  
 13. Injuries involving damage to skin, muscles, tendons, ligaments, or cartilage is a "\_\_\_\_" tissue injury.  
 14. Shin splints and tennis elbow are examples of this type of injury.

15. When the injury is to a bone, it is a "\_\_\_\_" tissue injury.  
 17. When a bone is pulled or twisted out of place at a joint, it is called a "\_\_\_\_\_" that may require hospital treatment.  
 18. Injury from sudden stress on the body

## Down

1. This occurs when an individual has received a blow to the head.  
 2. Re-hydrating by drinking lots of water during a physical activity can prevent this.

4. A treatment for swelling, bruising, and pain.  
 5. Type of fracture that breaks the skin  
 6. Caused by the skin rubbing on other surfaces  
 7. What the "E" in RICE stands for.  
 8. When ligaments at joints get stretched and torn.  
 9. When the body temperature falls below 35 degrees Celsius.  
 16. When muscle is suddenly and forcefully overstretched.