

Name: _____

Date: _____

STRAINS

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

stiffness

shoulder

exertion

tension

aching

strain

muscle

twist

back

lift

neck

ache