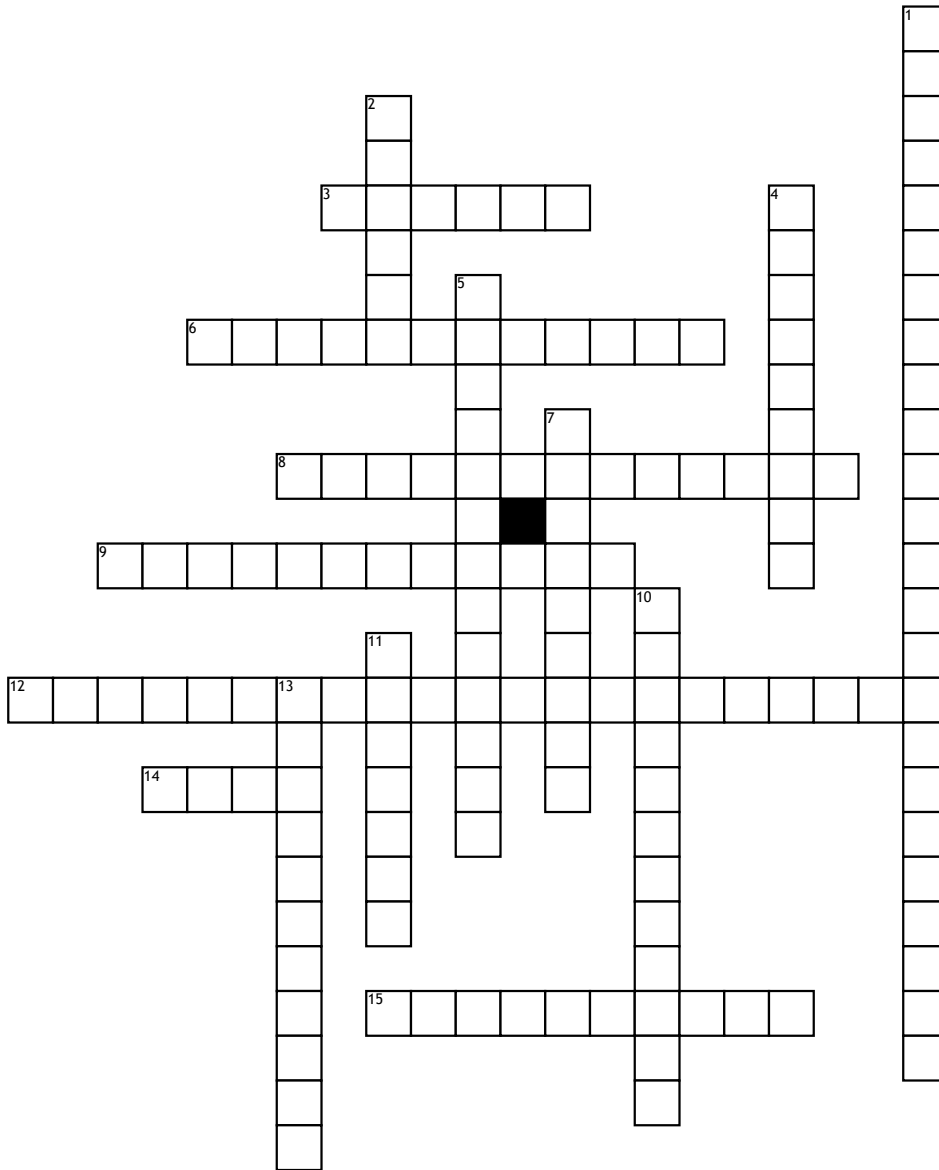


Shoulder and ACL



Across

3. premature falling forward during the wind up requires the shoulder to work harder for the same velocity
6. a longer stride will allow for more trunk activation, however striding too far will limit power production during hip rotation
8. What type of training is promoted to help athletes prevent the development of poor knee joint biomechanics?

9. the most violent part of the pitching motion
12. Where is the ACL inserted?
14. A dynamic test that requires strength, flexibility, and proprioception.
15. What does the ACL do when the knee is near full extension?

Down

1. What is ACL?
2. What percent of ACL injuries are caused by direct contact?

4. What type of graph is taken from donor tissue?
5. the safest part of throwing
7. What type of graph is taken from the patient's own body?
10. velocity can increase by improving trunk flexion and lead knee bend
11. What percent of ACL injuries are non-contact?
13. this is the most vulnerable position for the rotator cuff