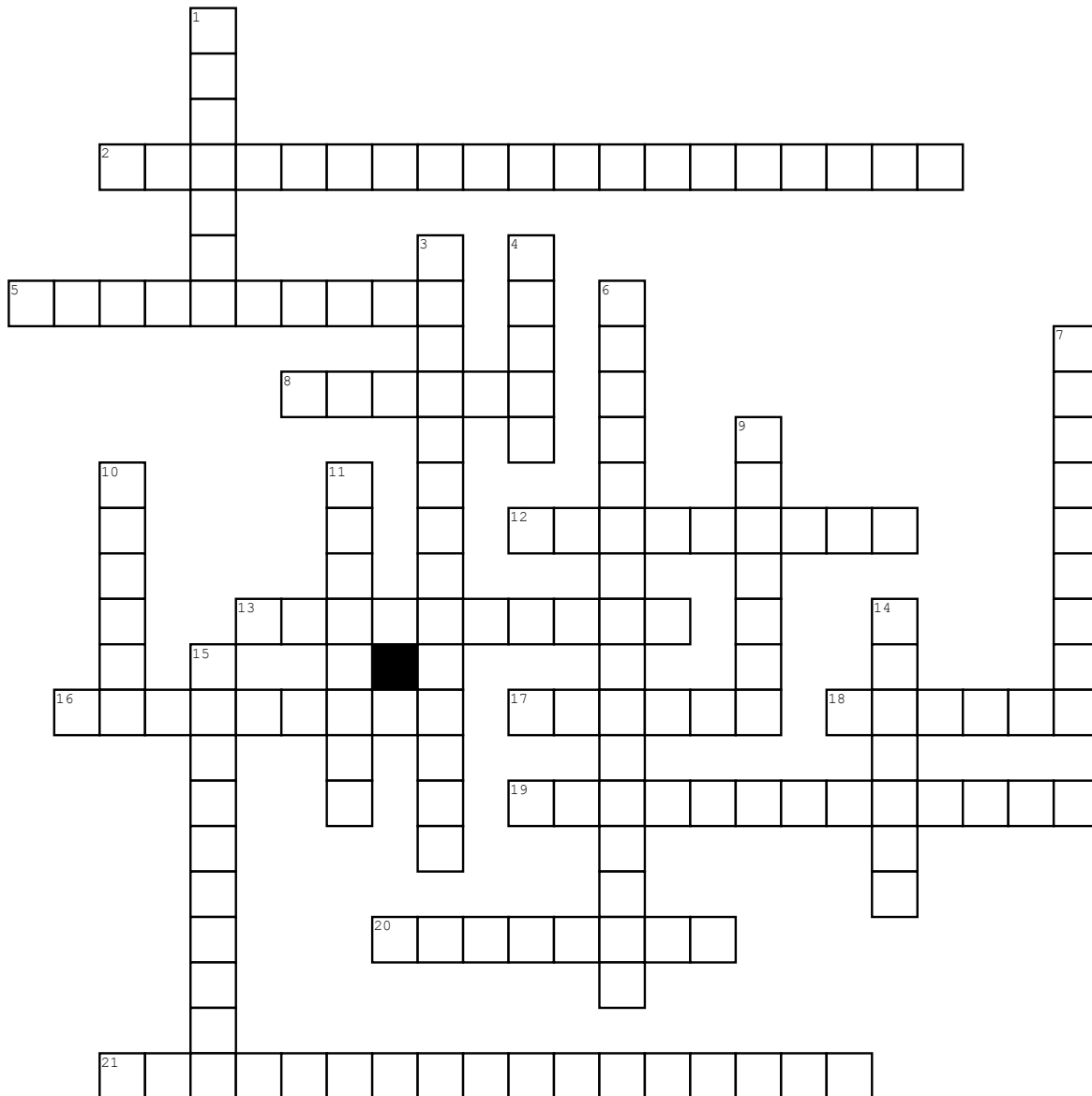


The Ankle



Across

2. The rupture of this ligament can result in rotary ankle stability (2 words)
5. This type of sprain can cause severe pain anterolaterally and result in loss of function
8. Can provide some prophylactic protection
12. One of the key components for avoiding an ankle injury, is ankle _____
13. To prevent injury, _____ should be done before and after practice
16. This type of sprain can injure the lateral ligaments
17. A common at home treatment for all levels of an ankle sprain
18. Severity of ligament sprains are classified by _____

19. _____ exercises must be preformed to prevent re-injury
20. The type varies sport to sport, but it is one of the most basic forms of equipment that can prevent injury, especially in the foot
21. _____ tendinitis will present pain with palpation over the medial malleolus (2 words)

Down

1. Slow strengthening of the Achilles tendon can prevent a _____
3. Stretching of this cord-like structure can prevent a serious injury (2 words)
4. The ankle is a _____ joint

6. This rule requires an x-ray to be performed if there is pain in the malleolar/midfoot region (3 words)
7. Bones that prevent medial and lateral displacement
9. _____ exercises are great for improving the stability of the ankle
10. Most common ankle injury
11. This type of sprain can result in damage to deltoid ligament and a possible fractured fibula
14. A grade 3 ankle sprain will most likely require _____ to stabilize the ankle
15. The inflammation of the Achilles tendon or its sheath is referred to as _____