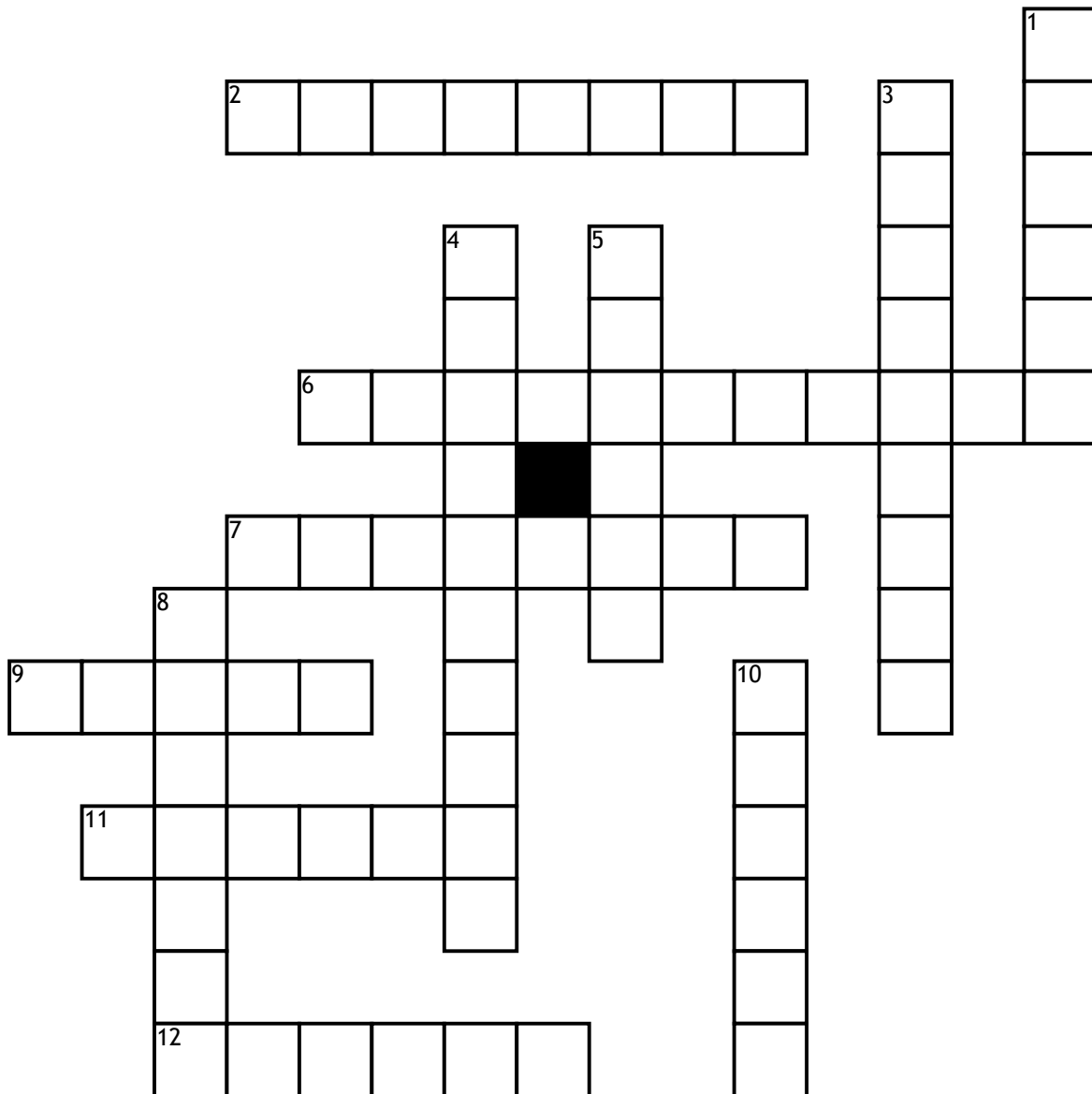


Name: \_\_\_\_\_

# Wrist Sprains and Strains



## Across

- 2. when the wrist \_\_\_\_\_ torn it is Grade 1
- 6. the letter C in the acronym R.I.C.E
- 7. a symptom of both injuries
- 9. Fall On Out Stretched Arm (an acronym)

- 11. there are 8 \_\_\_\_\_ bones in the wrist
  - 12. happens to the ligaments
- ## Down
- 1. the \_\_\_\_\_ nerve
  - 3. when the wrist is \_\_\_\_\_ torn it is Grade 2
  - 4. the wrist is \_\_\_\_\_ torn when it is Grade 3

- 5. this happens to the tendons
- 8. when the wrist bends \_\_\_\_\_ the forearm when you possibly sprain/strain it
- 10. what sport medicine can do for support and stabilization