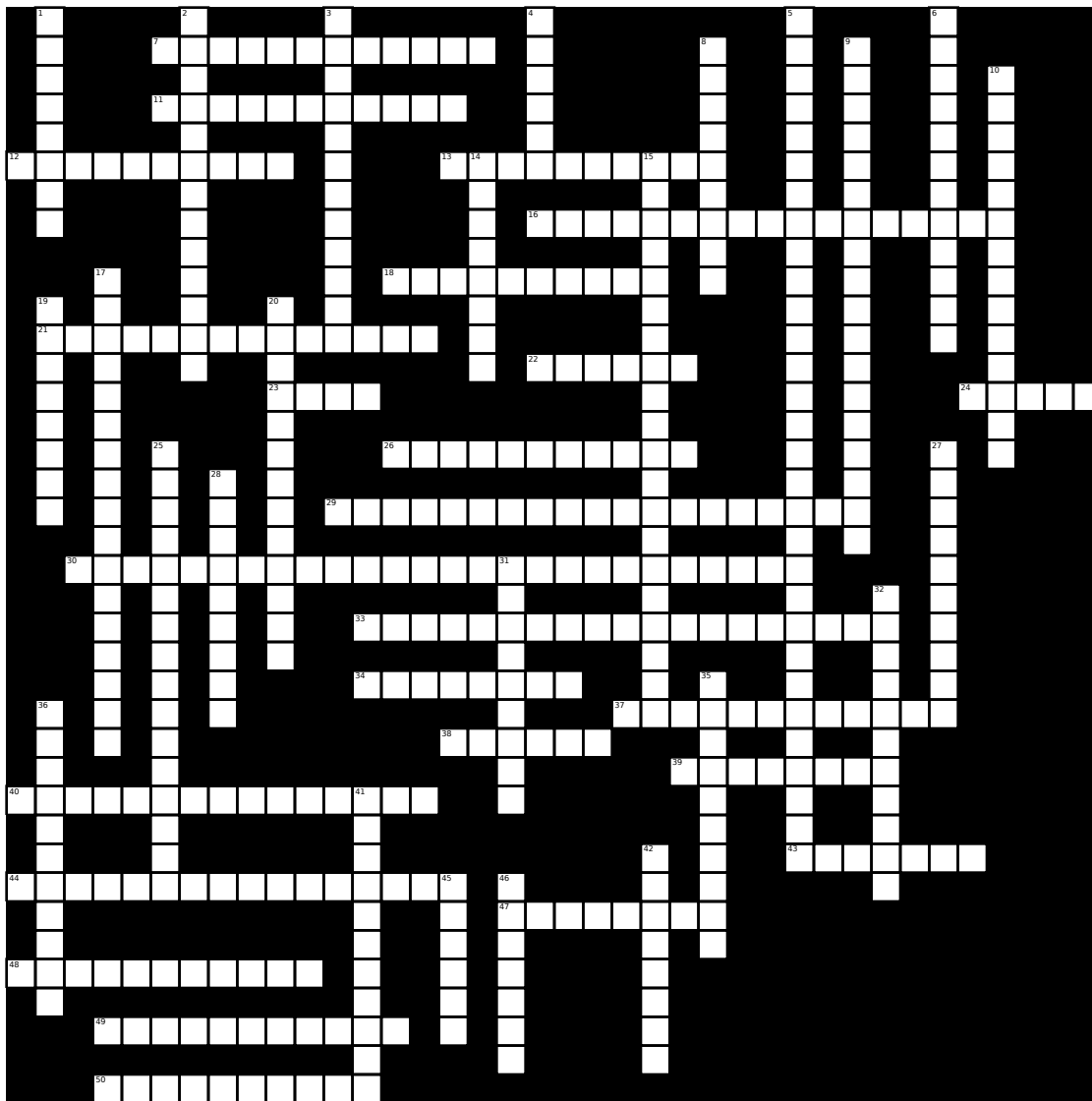


# Sports Medicine Dictionary

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**Across**

- 7 Treatment using water.
- 11 Comprised of four muscles in the shoulder area that can be irritated by overuse. The muscles are the supraspinatus (most commonly injured), infraspinatus, teres minor and subscapularis.
- 12 Inflammation of the tendon and/or tendon sheath, caused by chronic overuse or sudden injury.
- 13 A catch-all syndrome describing pain in the shin that is not a fracture or tumor and cannot be defined otherwise.
- 16 Steroids that promote tissue growth by creating protein in an attempt to enhance muscle growth.
- 18 Condition of rapidly rising internal body temperature that overwhelms the body's mechanisms for release of heat and could result in death if not cared for appropriately.
- 21 Network of nerves originating from the cervical vertebrae and running down to the shoulder, arm, hand and fingers.
- 22 Injury resulting from a pull or torsion to the muscle or tendon that causes various degrees of stretch or tear to the muscle or tendon tissue.
- 23 Abnormal sac containing liquid or semi-solid matter.
- 24 fluid-filled sac that is located in areas where friction is likely to occur, then minimizes the friction; for example between a tendon and a bone.
- 26 A lack of an adequate amount of fluid in the body; may be accompanied by dry mouth, thirst, constipation, concentrated urine or fever.
- 29 A concentric or eccentric muscular contraction that results in movement of a joint or body part, as in lifting a weight.
- 30 An overall lengthening of the muscle as it develops tension and contracts to control motion performed by an outside force; oft times referred to a "negative" contraction in weight training.
- 33 A build up of pressure in muscles.
- 34 The tearing away, forcibly, of a part or structure.
- 37 The body's natural response to injury in which the injury site might display various degrees of pain, swelling, heat, redness, and/or loss of function.
- 38 A painful, involuntary spasmodic contraction.
- 39 Breach in continuity of a bone. Types of \_\_\_\_\_ include simple, compound, comminuted, greenstick, incomplete, impacted, longitudinal, oblique, stress, or transverse.
- 40 A thick, wide fascial layer that runs from the iliac crest to the knee joint and is occasionally inflamed as a result of excessive running.
- 43 To shrivel or shrink form disuse, as in muscular atrophy.
- 44 Tear of the ulnar collateral ligament of the metacarpophalangeal joint of the thumb.
- 47 Abnormal adherence of collagen fibers to surrounding structures during immobilization following trauma or as a complication of surgery which restricts normal elasticity of the structures involved.
- 48 General term for medial elbow pain.
- 49 Partial dislocation of a joint. The term usually implies that the joint can return to its normal position without formal reduction.
- 50 To bleed.

**Down**

- 1 Band of fibrous tissue that connects bone to bone or bone to cartilage and supports and strengthens joints.
- 2 Lubricating fluid for joints and tendons, produced in synovium, or the inner lining of a joint.
- 3 A contusion or bruise to any muscle resulting in intramuscular bleeding. No other injury should be called a \_\_\_\_\_.
- 4 Injury resulting from the stretch or twist of the joint and causes various degrees of stretch or tear of a ligament or other soft tissue at the joint.
- 5 A benign ossification, usually following severe trauma to a large muscle mass.
- 6 Injury of the fingertip in which the extension tendon is avulsed off the distal phalanx.
- 8 Damage to the tissues from exposure to temperature below 32 degrees Fahrenheit (0 degrees C).
- 9 On either side of, and acting as a radius of movement of, a hinge joint, as of the elbow, knee and wrist.
- 10 A hair-line type of break in a bone caused by overuse.
- 14 Tumor-like mass produced by an accumulation of coagulated blood in a cavity.
- 15 Muscular contraction in which tension is developed but no mechanical work is done. There is no appreciable joint movement and the overall length of the muscle stays the same.
- 17 Inflammation of the plantar fascia; associated with overuse of acute foot injury.
- 19 Any injury which rubs off the surface of the skin.
- 20 Inflammation in the elbow due to overuse.
- 25 A fracture and dislocation of the base of the first metacarpal, the thumb.
- 27 Jarring injury of the brain resulting in dysfunction. It can be graded as mild, moderate or severe depending on loss of consciousness, amnesia and loss of equilibrium.
- 28 An injury to a muscle and tissues caused by a blow from a blunt object, typically resulting in a bruise.
- 31 Smooth, slippery substance preventing two ends of bones from rubbing together and grating.
- 32 General term for lateral elbow pain.
- 35 An electrical modality that transmits a sound wave through an applicator into the skin to the soft tissue in order to heat the local area for relaxing the injured tissue and/or disperse edema.
- 36 Complete displacement of joint surfaces.
- 41 An instrument used to visualize the interior of a joint cavity.
- 42 Irritation of the sciatic nerve resulting in pain or tingling running down the inside of the leg.
- 45 A discoloration of the skin due to an extravasation of blood into the underlying tissues.
- 46 An enclosing structure that surrounds the joint and contains ligaments that stabilize that joint.