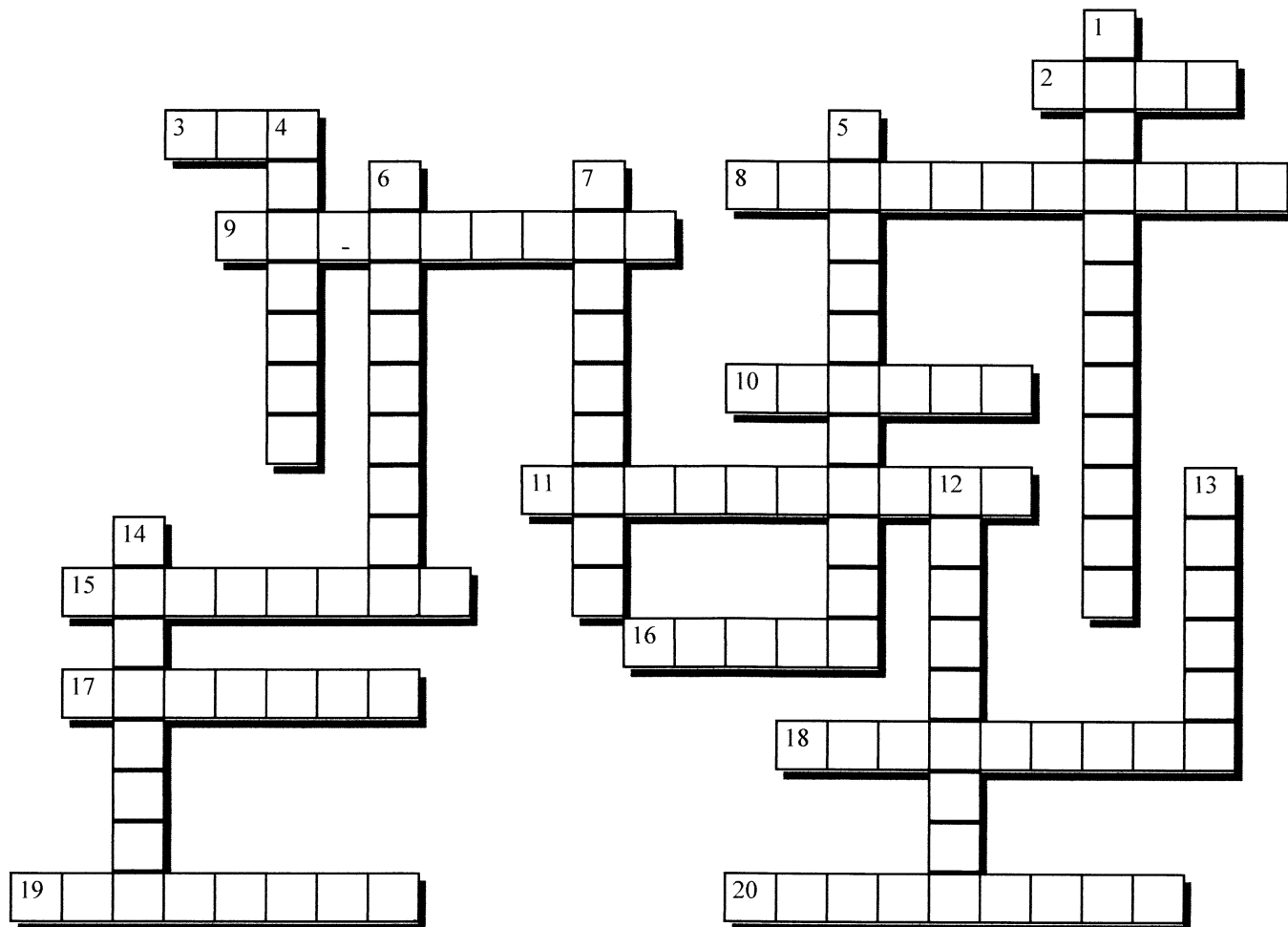


Years 7-8 Revision Sheet 1 Injury Crossword

Instructions: Fill in each answer by using the clues below.



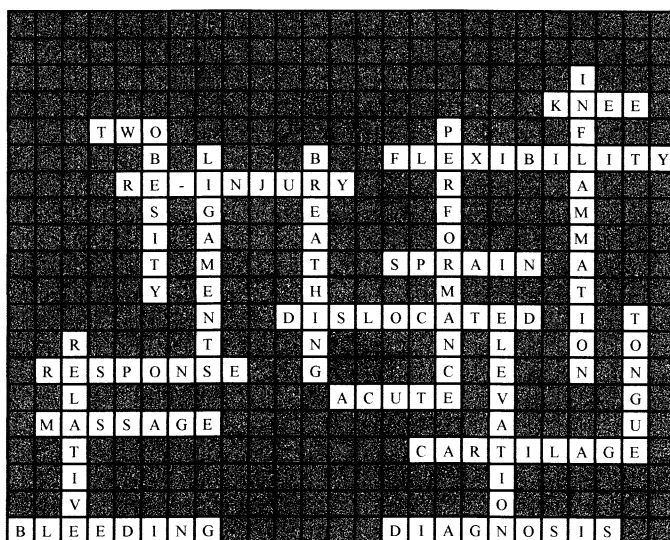
Across Clues

- 2) This joint is the most prone to Osteoarthritis. (4)
- 3) When performing CPR, the ratio of compressions to breaths is 30: _____. (3)
- 8) Another name for "stretchy-ness". (11)
- 9) Return to activity too soon after an injury may cause _____ x2 [x2] (9)
- 10) A type of soft tissue injury. (6)
- 11) If a joint is 'out of place' it is _____ (10)
- 15) The 'R' in DRABC stands for _____ (8)
- 16) If an injury has just occurred, it is called _____ (5)
- 17) This may increase bleeding and delay healing. (7)
- 18) A tear in _____ can predispose a joint to Osteoarthritis. (9)
- 19) Bruising is caused by _____ into the tissues. (8)
- 20) If the injury is still painful or the swelling doesn't resolve within a week or so, you should seek a health professional's _____. (9)

Down Clues

- 1) This is a sign that healing is taking place. (12)
- 4) This is a significant risk factor in developing Osteoarthritis. (7)
- 5) Warming up prior to an activity should improve _____ (11)
- 6) The soft tissues in the body susceptible to injury include muscles, tendons and _____ (9)
- 7) You should commence CPR if the patient is not _____ (9)
- 12) Along with the application of ice, this aids in reducing swelling. (9)
- 13) The most common cause of airway obstruction. (6)
- 14) Following an injury, instead of complete bed-rest, you should have _____ (8)

Years 7-8 Revision Sheet 1 Injury Crossword Sol...



ACROSS:

- 2.KNEE 3.TWO 8.FLEXIBILITY
9.RE-INJURY 10.SPRAIN 11.DISLOCATED
15.RESPONSE 16.ACUTE 17.MASSAGE
18.CARTILAGE 19.BLEEDING
20.DIAGNOSIS

DOWN:

- 1.INFLAMMATION 4.OBESITY
5.PERFORMANCE 6.LIGAMENTS
7.BREATHING 12.ELEVATION
13.TONGUE 14.RELATIVE