

## Years 7-8 Revision Sheet 2 Injury Word Match

Find the word or phrase from Column B that best matches the word in Column A

### Column A

1. \_\_\_ INFLAMMATION
2. \_\_\_ FLEXIBILITY
3. \_\_\_ PERFORMANCE
4. \_\_\_ DISLOCATED
5. \_\_\_ ELEVATION
6. \_\_\_ CARTILAGE
7. \_\_\_ DIAGNOSIS
8. \_\_\_ BREATHING
9. \_\_\_ RE-INJURY
10. \_\_\_ LIGAMENTS
11. \_\_\_ RESPONSE
12. \_\_\_ RELATIVE
13. \_\_\_ BLEEDING
14. \_\_\_ MASSAGE
15. \_\_\_ OBESITY
16. \_\_\_ SPRAIN
17. \_\_\_ TONGUE
18. \_\_\_ ACUTE
19. \_\_\_ KNEE
20. \_\_\_ TWO

### Column B

1. The soft tissues in the body susceptible to injury include muscles, tendons and \_\_\_\_\_.
2. Warming up prior to an activity should improve \_\_\_\_\_.
3. This may increase bleeding and delay healing.
4. Following an injury, instead of complete bed-rest, you should have \_\_\_\_\_.
5. If a joint is 'out of place' it is \_\_\_\_\_.
6. When performing CPR, the ratio of compressions to breaths is 30: \_\_\_\_\_.
7. A type of soft tissue injury.
8. This is a sign that healing is taking place.
9. Along with the application of ice, this aids in reducing swelling.
10. You should commence CPR if the patient is not \_\_\_\_\_.
11. Return to activity too soon after an injury may cause \_\_\_\_\_.
12. The 'R' in DRSABCD stands for \_\_\_\_\_.
13. The most common cause of airway obstruction.
14. A tear in \_\_\_\_\_ can predispose a joint to Osteoarthritis.
15. If the injury is still painful or the swelling doesn't resolve within a week or so, you should seek a health professional's \_\_\_\_\_.
16. This joint is the most prone to Osteoarthritis.
17. Another name for "stretchy-ness".
18. Bruising is caused by \_\_\_\_\_ into the tissues.
19. This is a significant risk factor in developing Osteoarthritis.
20. If an injury has just occurred, it is called \_\_\_\_\_.

# Years 7-8 Revision Sheet 2 Injury Word Match Sol...

## Column A

- (8) - INFLAMMATION
- (17) - FLEXIBILITY
- (2) - PERFORMANCE
  
- (5) - DISLOCATED
- (9) - ELEVATION
- (14) - CARTILAGE
  
- (15) - DIAGNOSIS
  
- (10) - BREATHING
- (11) - RE-INJURY
  
- (1) - LIGAMENTS
- (12) - RESPONSE
- (4) - RELATIVE
  
- (18) - BLEEDING
- (3) - MASSAGE
- (19) - OBESITY
- (7) - SPRAIN
- (13) - TONGUE
- (20) - ACUTE
- (16) - KNEE
- (6) - TWO

## Column B

- This is a sign that healing is taking place.
- Another name for "stretchiness".
- Warming up prior to an activity should improve \_\_\_\_\_.
- If a joint is 'out of place' it is \_\_\_\_\_.
- Along with the application of ice, this aids in reducing swelling.
- A tear in \_\_\_\_\_ can predispose a joint to Osteoarthritis.
- If the injury is still painful or the swelling doesn't resolve within a week or so, you should seek a health professional's \_\_\_\_\_.
- You should commence CPR if the patient is not \_\_\_\_\_.
- Return to activity too soon after an injury may cause \_\_\_\_\_.
- The soft tissues in the body susceptible to injury include muscles, tendons and \_\_\_\_\_.
- The 'R' in DRSABCD stands for \_\_\_\_\_.
- Following an injury, instead of complete bed-rest, you should have \_\_\_\_\_.
- Bruising is caused by \_\_\_\_\_ into the tissues.
- This may increase bleeding and delay healing.
- This is a significant risk factor in developing Osteoarthritis.
- A type of soft tissue injury.
- The most common cause of airway obstruction.
- If an injury has just occurred, it is called \_\_\_\_\_.
- This joint is the most prone to Osteoarthritis.
- When performing CPR, the ratio of compressions to breaths is 30: \_\_\_\_\_.