Years 7-8 Revision Sheet 3 Injury Word Definitions

Write a definition in Column B for the word or phrase in Column A

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

s 7-8 Revision Sheet 3 Injury Word Definitions ...

Column A

Column B

so, you should seek a health professional's	1.	INFLAMMATION	This is a sign that healing is taking place.
4. DISLOCATED	2.	FLEXIBILITY	Another name for "stretchy-ness".
4. DISLOCATED	3.	PERFORMANCE	Warming up prior to an activity should improve
5. ELEVATION 6. CARTILAGE 7. DIAGNOSIS 6. BREATHING 7. DIAGNOSIS 6. BREATHING 7. DIAGNOSIS 7. DIAGNOSIS 7. DIAGNOSIS 8. BREATHING 9. RE-INJURY 9. Return to activity too soon after an injury may cause 10. LIGAMENTS 11. RESPONSE 12. RELATIVE 13. BLEEDING 14. MASSAGE 15. DIAGNOSIS 16. SPRAIN 17. TONGUE 18. A tear in can predispose a joint to Osteoarthritis. 18. A type of s off tissue in the body susceptible to injury include muscles, tendons and 19. The soft tissues in the body susceptible to injury include muscles, tendons and 19. The 'R' in DRSABCD stands for 10. LIGAMENTS 11. RESPONSE 12. RELATIVE 13. BLEEDING 14. MASSAGE 15. OBESITY 16. SPRAIN 17. TONGUE 18. ACUTE 19. KNEE 18. ACUTE 19. KNEE 19. KNEE 19. KNEE 19. If an injury has just occurred, it is called 19. KNEE	4.	DISLOCATED	
7. DIAGNOSIS If the injury is still painful or the swelling doesn't resolve within a week so, you should seek a health professional's 8. BREATHING You should commence CPR if the patient is not 9. RE-INJURY Return to activity too soon after an injury may cause 10. LIGAMENTS The soft tissues in the body susceptible to injury include muscles, tendons and 11. RESPONSE The 'R' in DRSABCD stands for 12. RELATIVE Following an injury, instead of complete bed-rest, you should have 13. BLEEDING Bruising is caused by into the tissues. 14. MASSAGE This may increase bleeding and delay healing. 15. OBESITY This is a significant risk factor in developing Osteoarthritis. 16. SPRAIN A type of s oft tiss ue injury. 17. TONGUE The most common cause of airway obstruction. 18. ACUTE If an injury has just occurred, it is called 19. KNEE This joint is the most pront to Osteoarthritis.	5.	ELEVATION	
so, you should seek a health professional's	6.	CARTILAGE	A tear in can predispose a joint to Osteoarthritis.
8. BREATHING 9. RE-INJURY 10. LIGAMENTS 11. RESPONSE 12. RELATIVE 13. BLEEDING 14. MASSAGE 15. OBESITY 16. SPRAIN 17. TONGUE 18. ACUTE 19. KREURTH to activity too soon after an injury may cause 18. Return to activity too soon after an injury may cause 19. Return to activity too soon after an injury may cause 19. Return to activity too soon after an injury may cause 19. The soft tissues in the body susceptible to injury include muscles, tendons and	7.	DIAGNOSIS	If the injury is still painful or the swelling doesn't resolve within a week or so, you should seek a health professional's
The soft tissues in the body susceptible to injury include muscles, tendons and	8.	BREATHING	
tendons and	9.	RE-INJURY	
11. RESPONSE The 'R' in DRSABCD stands for	10.	LIGAMENTS	
12. RELATIVE Following an injury, instead of complete bed-rest, you should have 13. BLEEDING Bruising is caused by into the tissues. 14. MASSAGE This may increase bleeding and delay healing. 15. OBESITY This is a significant risk factor in developing Osteoarthritis. 16. SPRAIN A type of s oft tissue injury. 17. TONGUE The most common cause of airway obstruction. 18. ACUTE If an injury has just occurred, it is called 19. KNEE This joint is the most pront to Osteoarthritis.	11.	RESPONSE	
14. MASSAGE This may increase bleeding and delay healing. 15. OBESITY This is a significant risk factor in developing Osteoarthritis. 16. SPRAIN A type of s oft tiss ue injury. 17. TONGUE The most common cause of airway obstruction. 18. ACUTE If an injury has just occurred, it is called 19. KNEE This joint is the most pront to Osteoarthritis.	12.	RELATIVE	
14. MASSAGE This may increase bleeding and delay healing. 15. OBESITY This is a significant risk factor in developing Osteoarthritis. 16. SPRAIN A type of s oft tiss ue injury. 17. TONGUE The most common cause of airway obstruction. 18. ACUTE If an injury has just occurred, it is called 19. KNEE This joint is the most pront to Osteoarthritis.	13.	BŁEEDING	Bruising is caused by into the tissues.
16. SPRAIN A type of s oft tiss ue injury. 17. TONGUE The most common cause of airway obstruction. 18. ACUTE If an injury has just occurred, it is called 19. KNEE This joint is the most pront to Osteoarthritis.	14.	MASSAGE	
17.TONGUE The most common cause of airway obstruction.18.ACUTE If an injury has just occurred, it is called19.KNEE This joint is the most pront to Osteoarthritis.	15.	OBESITY	This is a significant risk factor in developing Osteoarthritis.
18. ACUTE If an injury has just occurred, it is called 19. KNEE This joint is the most pront to Osteoarthritis.	16.	SPRAIN	A type of s oft tiss ue i nju ry.
19. KNEE This joint is the most pront to Osteoarthritis.	17.	TONGUE	The most common cause of airway obstruction.
	18.	ACUTE	If an injury has just occurred, it is called
20. TWO When performing CPR, the ratio of compressions to breaths is 30:	19.	KNEE	This joint is the most pront to Osteoarthritis.
	20.	TWO	\ldots . When performing CPR, the ratio of compressions to breaths is 30: