

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
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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

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Column A

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Column B

- This is a sign that healing is taking place.
- Another name for "stretchy-ness".
- 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: _____.