

Years 9-10 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. DEFIBRILLATOR
2. VASODILATION
3. BIOMECHANICS
4. COMPRESSION
5. UNCONSCIOUS
6. THROMBOSIS
7. STRETCHING
8. DIAGNOSIS
9. EMOTIONAL
10. ELEVATION
11. RESPONSE
12. FLEXIBLE
13. ALCOHOL
14. STERNAL
15. MASSAGE
16. MINUTE
17. DISTAL
18. SPRAIN
19. LYMPH
20. CPR

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

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Column B

- The final 'D' in DRSABCD stands for _____.
- The term for 'blood vessels expanding'.
- Poor _____ may predispose you to Osteoarthritis in your knees.
- _____ helps minimise bleeding and swelling and provides support for the injured part.
- If you find someone _____, you must send for help immediately.
- The danger of complete bed-rest is blood clots or _____.
- Doing this may help prevent injuries.
- If the injury is still painful or the swelling doesn't resolve within one week or so, you should seek a health professional's _____.
- Participation in recreational activities promotes physical and _____ health.
- This assists with reducing swelling.
- The 'R' in DRSABCD stands for _____.
- As we get older our muscles become less _____.
- Consuming this can harm an injury.
- If you have called out the injured person's name and there is no response, you can try a _____ rub.
- This may delay healing if performed too early.
- When performing CPR aim for a compression rate of 100 per _____.
- When applying a bandage to reduce swelling, it should be applied _____ to proximal.
- A type of soft tissue injury.
- After an injury, the fluid drains from the injured area via _____ nodes.
- If the patient isn't breathing you should commence _____ immediately.