## **Years 9-10 Revision Sheet 3 Injury Word Definitions**

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

<u>Column A</u>	<u>Column B</u>
DEFIBRILLATOR	1
VASODILATION	2
BIOMECHANICS	3.
COMPRESSION	4
UNCONSCIOUS	5
THROMBOSIS	6
STRETCHING	7
DIAGNOSIS	8
EMOTIONAL	9
ELEVATION	10
RESPONSE	11.
FLEXIBLE	12
ALCOHOL	13
STERNAL	14
MASSAGE	15
MINUTE	16
DISTAL	17
SPRAIN	18
LYMPH	19
CPR	20
	DEFIBRILLATOR  VASODILATION  BIOMECHANICS  COMPRESSION  UNCONSCIOUS  THROMBOSIS  STRETCHING  DIAGNOSIS  EMOTIONAL  ELEVATION  RESPONSE  FLEXIBLE  ALCOHOL  STERNAL  MASSAGE  MINUTE  DISTAL  SPRAIN  LYMPH

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## 9-10 Revision Sheet 3 Injury Word Definitions ...

## Column A

## Column B

1.	DEFIBRILLATOR	The final 'D' in DRSABCD staands for
2.	VASODILATION	The term for 'blood vessels expanding'.
3.	BIOMECHANICS	Poor may predispose you to Osteoarthritis in your knees.
4.	COMPRESSION	helps minimise bleeding and swelling and provides support for the injured part.
5.	UNCONSCIOUS	If you find someone, you must send for help immediately.
6.	THROMBOSIS	The danger of complete bed-rest is blood clots or
7.	STRETCHING	Doing this may help prevent injuries.
8.	DIAGNOSIS	If the injury is still painful or the swelling doesn't resolve within one wee or so, you should seek a health professional's
9.	EMOTIONAL	Participation in recreational activities promotes physical and health.
10.	ELEVATION	This assists with reducing swelling.
11.	RESPONSE	The 'R' in DRSABCD stands for
12.	FLEXIBLE	As we get older our muscles become less
13.	ALCOHOL	Consuming this can harm an injury.
14.	STERNAL	If you have called out the injured person's name and there is no response, you can try a rub.
15.	MASSAGE	This may delay healing if performed too early.
16.	MINUTE	When performing CPR aim for a compression rate of 100 per
17.	DISTAL	When applying a bandage to reduce swelling, it should be applied to proximal.
18.	SPRAIN	A type of s oft tissue injury.
19.	LYMPH	After an injury, the fluid drains from the injured area via nodes.
20.	CPR	If the patient isn't breathing you should commence immediately.