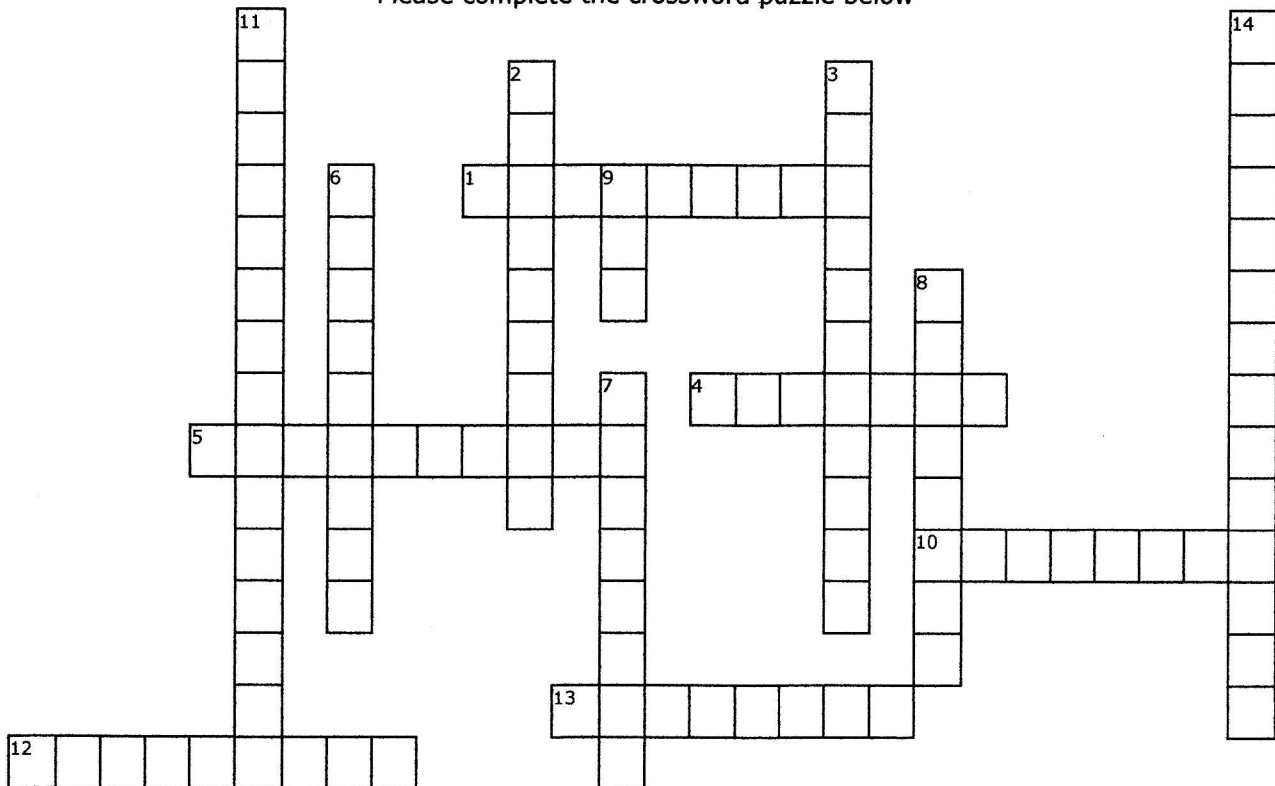


Name: _____

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Please complete the crossword puzzle below



Across:

1. An _____ of strength between joints and muscles are a common cause of hamstring injuries
4. Injuries occur to athletes more frequently when they are in this state. Occurs at the end of performances.
5. Bending the knee against this causes pain to athletes with an injured hamstring
10. Hamstring injuries often result by an _____ force being applied that causes injury to a body part away from the point of impact
12. Form of muscle contraction (lengthening) that the hamstring constantly undergoes
13. An athlete is at risk of this if they do not fully rehabilitate their injuries

Down:

2. Refers to the three posterior thigh muscles, the Semitendinosus, Semimembranosus and Biceps femoris
3. Along with strength, this is a vital attribute of the muscle that must be restrengthened before returning to the sports field
6. A physiotherapist will give the athlete _____ to perform in order to return to the sporting field
7. A physiotherapist must determine whether the athlete's pain is local or _____
8. A severe hamstring injury where part of a bone has been torn with the muscle
9. An athlete is more likely to experience hamstring injuries as they progress in _____
11. Injured athletes are recommended to see one of these to diagnose and treat the injury
14. A physiotherapist will assist the athlete in this, so the hamstring muscles can be healed and restrengthened. A vital part of injury maintenance.