



## Reteaching Activity 2-4

**Directions:** Each of the phrases below refers to one of the injuries listed in the box. Write the letter of the injury in the space next to the correct answer.

- a. skin injury
- b. muscle cramp
- c. connective tissue injury
- d. blisters
- e. shinsplint
- f. strain
- g. sprain
- h. stress fracture
- i. back injury

- 1. Can occur due to incorrect biomechanics \_\_\_\_\_
- 2. Caused by excessive friction between the skin and another surface \_\_\_\_\_
- 3. One of the most common types of fitness injuries \_\_\_\_\_
- 4. Caused by dehydration or an imbalance of minerals in the body \_\_\_\_\_
- 5. The inflammation of a tendon or muscle in the leg \_\_\_\_\_
- 6. A pull or rip in a muscle or tendon \_\_\_\_\_
- 7. An injury to the soft material that helps hold bones and joints of the body in place \_\_\_\_\_
- 8. A tear in a ligament \_\_\_\_\_
- 9. A break in a bone caused by overuse \_\_\_\_\_

**Directions:** Repeat the process outlined above, this time matching the injury in the box with the correct treatment or recommendation.

- 10. Learn to jog correctly. \_\_\_\_\_
- 11. Break in shoes and wear socks. \_\_\_\_\_
- 12. Apply antiseptic medicine to injured area. \_\_\_\_\_
- 13. Stretch the injured area and massage it. \_\_\_\_\_
- 14. Wear proper footwear and refrain from running on hard surfaces. \_\_\_\_\_
- 15. Do not immediately apply heat. \_\_\_\_\_
- 16. Use the RICE formula. \_\_\_\_\_
- 17. Should be evaluated by a health care professional. \_\_\_\_\_
- 18. Detection may require an X ray. \_\_\_\_\_

2<sup>nd</sup> X