

SPORTS MEDICINE TERMINOLOGY

Quiz #1

1. abdomen Portion of the trunk located between the chest and the pelvis
2. abduction Movement of a body part away from the mid-line of the body
3. abrasion Rubbing or scraping off of skin
4. acute Characterized by rapid onset, resulting from a traumatic event
5. adduction Movement of a body part toward the mid-line of the body
6. agonist A muscle that performs the desired movement; prime mover
7. amenorrhea Absence or suppression of menstruation
8. analgesic Agent that relieves pain without causing a complete loss of sensation
9. anoxia Lack of oxygen
10. antagonist A muscle that acts in opposition to another muscle (agonist)
11. anterior Before or in front of
12. anti-inflammatory Drugs that reduce swelling and inflammation
13. antipyretic Agent that reduces fever
14. apophysis Bony outgrowth to which muscles attach
15. arthroscopy Viewing the inside of a joint through an arthroscope using a small video camera lens
16. atrophy Decrease in size of muscle or tissue
17. avascular Lack of blood circulation
18. avulsion Forcible tearing away or separation.
19. axilla Armpit
20. bradycardia Slow heartbeat
21. bursa Small synovial sac located over bony prominences that aids in reducing friction.
22. bursitis Inflammation of a bursa
23. collagen The major protein of connective tissue
24. concentric The muscle shortens while contracting against resistance
25. contraindication A condition adversely affected by a specific action
26. contusion Bruise or injury to soft tissue that does not break the skin

Quiz #2

1. contrecoup Head injury on opposite side of the actual injury site due to rebound of the brain
2. crepitation Crackling sound heard during the movement of a broken bone
3. cryotherapy Therapeutic use of cold
4. cyanosis Bluish discoloration of the skin caused by a reduced amount of hemoglobin in the blood.
5. debride Removal of dirt and dead tissue from a wound
6. dermatome Segmental skin area innervated by various segments of the spinal cord
7. diastolic The residual pressure when the heart is between beats
8. diplopia Double vision
9. dislocation The displacement of bones of a joint
10. distal Farthest from the center, midline, or trunk
11. dorsal Referring to the back of body or structure (posterior)
12. dorsiflexion Bending of the ankle upward
13. dyspnea Difficult or painful breathing
14. eccentric The process of muscle contraction and stretch of the muscle-tendon unit by an extrinsic force (lengthening contraction)
15. ecchymosis Black and blue discoloration of the skin caused by hemorrhage
16. edema Swelling caused by the collection of fluid in connective tissue
17. electrolyte Solution that is a conductor of electricity
18. enzyme An organic catalyst that can cause chemical changes in other substances without being changed itself
19. epilepsy A chronic disorder characterized by sudden attacks of brain dysfunction, including altered consciousness.
20. epiphysis Cartilaginous growth region of a bone; growth plate
21. epistaxis Nosebleed
22. etiology Science dealing with causes of injury or disease
23. eversion A movement of turning the foot outward
24. fascia Fibrous membrane that covers, supports, and separates muscles
25. fasciitis Inflammation of fascia

Quiz #3

1. fibrocartilage Type of cartilage that contain visible collagenous fibers (menisci)
2. fibrosis Development of excessive fibrous connective tissue
3. flexibility The range of motion in a given joint or combination of joints
4. fracture A break or crack in a bone
5. goniometer Protractor used to measure joint range of motion
6. glycogen Storage form of glucose found in both the liver and muscles

7. hemarthrosis Blood in a joint
8. hematoma A localized collection a blood, usually clotted, that is confined within an organ, tissue, or space.
9. hematuria Blood in the urine
10. hemoglobin The red respiratory protein of erythrocytes that transports oxygen from the lungs to the tissues.
11. hemopoietic Forming blood cells
12. hemorrhage Discharge of blood
13. hemothorax Bloody fluid in the pleural cavity
14. hernia Protrusion of apart of an organ or tissue through an abnormal opening
15. histamine Powerful inflammatory chemical that causes an increase in vascular permeability as well as vasodilation

16. hyperextension Extreme stretching of a body part (beyond normal extension).
17. hyperglycemia Excessively high level of blood sugar
18. hypermobility Extreme mobility of a joint
19. hypertension High blood pressure
20. hyperthermia Abnormally high body temperature
21. hypertrophy Enlargement of a part caused by an increase in the size of its cells
22. hyperventilation Abnormally deep breathing that is prolonged, causing a depletion of carbon dioxide, a fall in blood pressure, and fainting.

23. hyphemia Bleeding into the anterior portion of the eye
24. hypoxia Lack of an adequate amount of oxygen
25. idiopathic Cause of a condition is unknown

Quiz #4

1. innervation Nerve stimulation of a muscle
2. inversion Turning the ankle inward
3. ipsilateral Situated on the same side
4. ischemia Lack of blood flow
5. isokinetic Accommodating and variable resistance
6. isometric Contracts the muscle statically without changing its length
7. isotonic Shortens and lengthens the muscle through a complete range of motion
8. kinesthesia Sensation or feeling of movement; the awareness of body in space
9. kyphosis Exaggeration of the normal curve of the thoracic spine
10. leukocytes White blood cells
11. lordosis Abnormal curvature of the lumbar vertebrae
12. luxation Complete dislocation
13. microtrauma Microscopic lesion or injury, e.g. stress fracture
14. myotome A group of muscles innervated by a single nerve root
15. myositis ossificans Characterized by ossification (bone formation) of muscles
16. necrosis Tissue death
17. neuritis Inflammation of a nerve
18. osteoarthritis Chronic disease involving joints in which there is destruction of articular cartilage and bony overgrowth
19. osteochondral Refers to relationship of bone and cartilage
20. palpation Feeling an injury with the fingers
21. paraplegia Paralysis of lower portion of the body and both legs.
22. paresthesia Abnormal or unique sensation such as itching or prickling
23. pathogenic Disease producing
24. pes cavus Abnormally high arch of the foot
25. pes planus An abnormally flat foot

Quiz #5

1. phalanx Any one of the bones of the fingers and toes
2. prognosis Prediction as to probable outcome of a disease or injury
3. prophylaxis Guarding against injury or disease
4. proprioception The sensory awareness of a joint's position
5. proximal Nearest to the point of reference
6. quadriplegia paralysis affecting all four limbs
7. residual The remaining amount
8. rhinitis The common cold (running nose)
9. scoliosis Lateral and/or rotary curvature of the spine
10. seizure Sudden onset of uncoordinated muscular activities and changes in consciousness lasting an unpredictable time
11. spasm transitory muscle contractions
12. subluxation Partial or incomplete dislocation of an articulation
13. symptom Subjective evidence of an abnormal situation within the body
14. syndrome Group of typical symptoms or conditions that characterize a deficiency or disease
15. systolic The blood pressure exerted by the pumping of the heart
16. tachycardia Rapid or abnormally high pulse rate
17. tendinitis Inflammation of a tendon
18. thermotherapy Therapeutic use of heat
19. tinnitus Ringing in the ears
20. valgus Angulation of the body outward (away from mid-line)
21. varus Angulation of the body inward (toward mid-line)
22. vasoconstriction Decrease in the diameter of a blood vessel resulting in a decrease blood flow
23. vasodilation Increase in the diameter of blood vessel resulting in an increase blood flow
24. viscera internal abdominal organs
25. volar Pertaining to the palm or sole