## SPORTS MEDICINE TERMINOLOGY

### Quiz #1

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>abdomen</td>
<td>Portion of the trunk located between the chest and the pelvis</td>
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<tr>
<td>abduction</td>
<td>Movement of a body part away from the mid-line of the body</td>
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<tr>
<td>abrasion</td>
<td>Rubbing or scraping off of skin</td>
</tr>
<tr>
<td>acute</td>
<td>Characterized by rapid onset, resulting from a traumatic event</td>
</tr>
<tr>
<td>adduction</td>
<td>Movement of a body part toward the mid-line of the body</td>
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<tr>
<td>agonist</td>
<td>A muscle that performs the desired movement; prime mover</td>
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<tr>
<td>amenorrhea</td>
<td>Absence or suppression of menstruation</td>
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<tr>
<td>analgesic</td>
<td>Agent that relieves pain without causing a complete loss of sensation</td>
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<tr>
<td>anoxia</td>
<td>Lack of oxygen</td>
</tr>
<tr>
<td>antagonist</td>
<td>A muscle that acts in opposition to another muscle (agonist)</td>
</tr>
<tr>
<td>anterior</td>
<td>Before or in front of</td>
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<tr>
<td>anti-inflammatory</td>
<td>Drugs that reduce swelling and inflammation</td>
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<tr>
<td>antipyretic</td>
<td>Agent that reduces fever</td>
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<tr>
<td>apophysis</td>
<td>Bony outgrowth to which muscles attach</td>
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<tr>
<td>arthroscopy</td>
<td>Viewing the inside of a joint through an arthroscope using a small video camera lens</td>
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<tr>
<td>atrophy</td>
<td>Decrease in size of muscle or tissue</td>
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<tr>
<td>avascular</td>
<td>Lack of blood circulation</td>
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<tr>
<td>avulsion</td>
<td>Forcible tearing away or separation.</td>
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<tr>
<td>axilla</td>
<td>Armpit</td>
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<tr>
<td>bradycardia</td>
<td>Slow heartbeat</td>
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<tr>
<td>bursa</td>
<td>Small synovial sac located over bony prominences that aids in reducing friction.</td>
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<tr>
<td>bursitis</td>
<td>Inflammation of a bursa</td>
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<tr>
<td>collagen</td>
<td>The major protein of connective tissue</td>
</tr>
<tr>
<td>concentric</td>
<td>The muscle shortens while contracting against resistance</td>
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<tr>
<td>contraindication</td>
<td>A condition adversely affected by a specific action</td>
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<tr>
<td>contusion</td>
<td>Bruise or injury to soft tissue that does not break the skin</td>
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<tr>
<td>Quiz #2</td>
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<tr>
<td>1. contrecoup</td>
<td>Head injury on opposite side of the actual injury site due to rebound of the brain</td>
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<tr>
<td>2. crepitation</td>
<td>Crackling sound heard during the movement of a broken bone</td>
</tr>
<tr>
<td>3. cryotherapy</td>
<td>Therapeutic use of cold</td>
</tr>
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<td>4. cyanosis</td>
<td>Bluish discoloration of the skin caused by a reduced amount of hemoglobin in the blood.</td>
</tr>
<tr>
<td>5. debride</td>
<td>Removal of dirt and dead tissue from a wound</td>
</tr>
<tr>
<td>6. dermatome</td>
<td>Segmental skin area innervated by various segments of the spinal cord</td>
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<tr>
<td>7. diastolic</td>
<td>The residual pressure when the heart in between beats</td>
</tr>
<tr>
<td>8. diplopia</td>
<td>Double vision</td>
</tr>
<tr>
<td>9. dislocation</td>
<td>The displacement of bones of a joint</td>
</tr>
<tr>
<td>10. distal</td>
<td>Farthest from the center, midline, or trunk</td>
</tr>
<tr>
<td>11. dorsal</td>
<td>Referring to the back of body or structure (posterior)</td>
</tr>
<tr>
<td>12. dorsiflexion</td>
<td>Bending of the ankle upward</td>
</tr>
<tr>
<td>13. dyspnea</td>
<td>Difficult or painful breathing</td>
</tr>
<tr>
<td>14. eccentric</td>
<td>The process of muscle contraction and stretch of the muscle-tendon unit by an extrinsic force (lengthening contraction)</td>
</tr>
<tr>
<td>15. ecchymosis</td>
<td>Black and blue discoloration of the skin caused by hemorrhage</td>
</tr>
<tr>
<td>16. edema</td>
<td>Swelling caused by the collection of fluid in connective tissue</td>
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<tr>
<td>17. electrolyte</td>
<td>Solution that is a conductor of electricity</td>
</tr>
<tr>
<td>18. enzyme</td>
<td>An organic catalyst that can cause chemical changes in other substances without being changed itself</td>
</tr>
<tr>
<td>19. epilepsy</td>
<td>A chronic disorder characterized by sudden attacks of brain dysfunction, including altered consciousness.</td>
</tr>
<tr>
<td>20. epiphysis</td>
<td>Cartilaginous growth region of a bone; growth plate</td>
</tr>
<tr>
<td>21. epistaxis</td>
<td>Nosebleed</td>
</tr>
<tr>
<td>22. etiology</td>
<td>Science dealing with causes of injury or disease</td>
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<tr>
<td>23. eversion</td>
<td>A movement of turning the foot outward</td>
</tr>
<tr>
<td>24. fascia</td>
<td>Fibrous membrane that covers, supports, and separate muscles</td>
</tr>
<tr>
<td>25. fasciitis</td>
<td>Inflammation of fascia.</td>
</tr>
</tbody>
</table>
**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. **kinesthesis**  
   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