Sports Medicine and Athletic Injuries

Sports Medicine · Answer Key · 3 Questions

1. In the classic first-aid protocol acronym RICE, what does the letter 'C' stand for?

A) Compression

B) Conditioning

C) Cryotherapy

D) Circulation

2. Which ligament in the knee prevents the tibia from sliding forward (anteriorly) relative to the femur?

A) Posterior cruciate ligament

B) Anterior cruciate ligament

C) Medial collateral ligament

D) Lateral collateral ligament

3. 'Tommy John surgery' is the common name for the surgical reconstruction of which ligament?

A) Ulnar collateral ligament of the elbow

B) Anterior cruciate ligament of the knee

C) Acromioclavicular ligament of the shoulder

D) Plantar fascia of the foot

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