

Puzzle Answers

Across

- 2. **Stability** → Ability to maintain joint steadiness
- 3. **Gait** → Walking pattern assessed after injury
- 6. **Ice** → Cold application to reduce swelling
- 7. **Weight bearing** → Gradual loading of the injured limb during recovery
- 8. **Reduction** → Correct positioning of bone fragments
- 9. **Progression** → Stepwise increase in activity difficulty

Down

Comfort → State of comfort without discomfort

Strengthening → Targeted muscle work to rebuild support

Brace → Supportive device that limits harmful motion

Compression → Firm pressure applied to control edema