



## Regional Conditions – Physiotherapy in Orthopaedics

### Set of 10 Puzzles

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#### Puzzle 1

##### Across

2. Pain radiating from back to leg ( )  
4. **Shoulder stiffness with 3 stages** ( \_\_\_\_ )  
6. Elbow pain from overuse of extensors ( \_\_\_\_ )s

##### Down

- Neck pain due to degenerative changes ( \_\_\_\_ )  
Numbness in hand due to median nerve compression ( \_\_\_\_ ) syndrome)  
Heel pain on first step in morning ( \_\_\_\_ )

**Answers:** Sciatica, Frozen Shoulder, Tennis Elbow, Cervical Spondylosis, Carpal Tunnel, Plantar Fasciitis

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#### Puzzle 2

##### Across

2. Foot deformity, “clubfoot” ( \_\_\_\_ )  
3. Knee deformity, bow legs ( \_\_\_\_ )  
5. **Common degenerative joint disease** (

##### Down

1.  
Inflammatory joint disorder with deformities ( \_\_\_\_ )  
Knock knees ( \_\_\_\_ )

**Answers:** Talipes Equinovarus, Genu Varum, Osteoarthritis, Rheumatoid Arthritis, Genu Valgum

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#### Puzzle 3

##### Across

Shoulder pain with painful arc (\_\_\_\_ \_\_\_\_ syndrome)

Wrist tendinopathy in mothers (De \_\_\_\_ disease)

Knee joint cartilage injury (\_\_\_\_ tear)

**Down**

2. Overuse injury at medial elbow (\_\_\_\_)

4. **Hip flexion contracture test** ( test)

**Answers:** Impingement Syndrome, De Quervain's, Meniscus Tear, Golfer's Elbow, Thomas Test

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**Puzzle 4**

**Across**

2. Forward slipping of one vertebra over another ( )

3. **Lateral deviation of big toe** ( \_\_\_\_ )

**Down**

Inflammatory arthritis of spine (\_\_\_\_ spondylitis)

Loss of bone density (\_\_\_\_)

**Answers:** Spondylolisthesis, Hallux Valgus, Ankylosing Spondylitis, Osteoporosis

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**Puzzle 5**

**Across**

Pain and stiffness in neck, radiating to arm (\_\_\_\_ \_\_\_\_)

Overuse injury of wrist extensors (\_\_\_\_ \_\_\_\_)

**Down**

2. Common degenerative lumbar condition (\_\_\_\_)

4. **Median nerve compression** ( \_\_\_\_ syndrome)

**Answers:** Cervical Radiculopathy, Tennis Elbow, Lumbar Spondylosis, Carpal Tunnel Syndrome

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**Puzzle 6**

**Across**

2. Inflammatory condition causing morning stiffness in small joints (\_\_\_\_ \_\_\_\_)

3. Pain in heel from plantar fascia inflammation (\_\_\_\_ \_\_\_\_)

**Down**

Knee pain due to cartilage wear (\_\_\_\_)

Shoulder instability assessed by (Apprehension \_\_\_\_ )

**Answers:** Rheumatoid Arthritis, Plantar Fasciitis, Osteoarthritis, Test

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**Puzzle 7**

**Across**

Common lumbar disc condition (IV\_\_\_\_)

Hand deformity with ulnar deviation (in \_\_\_\_ \_\_\_\_ )

Deformity: inward curvature of knees (\_\_\_\_ \_\_\_\_)

**Down**

3. Shoulder capsular tightness (\_\_\_\_)

**5. Common cause of back pain radiating down ()**

**Answers:** IVDP, Rheumatoid Arthritis, Genu Valgum, Frozen Shoulder, Sciatica

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**Puzzle 8**

**Across**

Congenital foot deformity – flat foot (\_\_\_\_ \_\_\_\_ )

Overuse thumb tendinitis (\_\_\_\_ \_\_\_\_ disease)

**Down**

2. Chronic degenerative joint disease ()

**4. Painful arc test detects ( \_\_\_\_ syndrome)**

**Answers:** Pes Planus, De Quervain's, Osteoarthritis, Impingement Syndrome

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**Puzzle 9**

**Across**

Post-menopausal bone weakness (\_\_\_\_)

Inflammatory arthritis mainly spine (\_\_\_\_ \_\_\_\_)

**Down**

- 2. Rotator cuff injury special test (\_\_\_\_ arm test)
- 4. Knee deformity “bow legs” (\_\_\_\_ \_\_\_\_)

**Answers:** Osteoporosis, Ankylosing Spondylitis, Drop Arm Test, Genu Varum

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**Puzzle 10****Across**

- 2. Shoulder instability test (\_\_\_\_ test)
- 4. Congenital clubfoot deformity (\_\_\_\_ \_\_\_\_)

**Down**

Low back pain with disc herniation (\_\_\_\_)

Knee joint locking due to (\_\_\_\_ tear)

**Answers:** Apprehension Test, Talipes Equinovarus, Sciatica, Meniscus Tear