True or False:

1. In an ankle sprain, the most commonly injured ligament is the deltoid ligament
2. The talus has no tendon attachments
3. Compartment syndrome is a rather minor side effect of a more serious injury, such as contusions, fractures, etc.
4. Fracture of the Fibula is easier to recognize than fracture of the tibia
5. Great toe sprain and turf toe describe the same injury
6. Shin splints often occur early in the training program when the athlete attempts doing too much too soon.
7. The highest of the foot arches and most important for impact absorption
   1. Medial longitudinal arch
   2. Lateral longitudinal arch
   3. Transverse arch
   4. Transverse longitudinal arch
   5. Medial transverse arch
8. Which of the following is not correct about the skeletal composition of the foot
   1. Five metatarsals
   2. Five distal phalanges
   3. Fifteen phalanges
   4. Seven tarsals, including the calcaneus and talus
9. Compartment syndrome can include all of the following except
   1. Swelling
   2. Early point tenderness
   3. A later inability to use the muscle
   4. A developing excessive nerve sensitivity
   5. All of the above can be symptoms
10. Arch sprains are caused by all of the following except
    1. Overuse
    2. Fatigue
    3. Overweight
    4. Training on hard surfaces
    5. All of the above
11. Which of the following is not a contributing factor to having a muscle cramp?
    1. Fatigue by working the muscle beyond its limits
    2. Excessive fluid levels in the blood
    3. Electrolyte imbalance of sodium, magnesium, calcium or phosphorus
    4. Improperly fitted equipment that causes excessive strain
12. The lowest arch, which is composed of the calcaneus, talus, cuboid, and fourth and fifth metatarsals, is the
    1. Medial longitudinal arch
    2. Lateral longitudinal arch
    3. Transverse arch
    4. Transverse longitudinal arch
    5. Medial transverse arch
13. Point tenderness can occur with which level of ankle sprain?
    1. First degree (mild)
    2. Second degree (moderate)
    3. Third degree (severe)
    4. Applies to one or more level
14. A portion of one or more ligaments is torn can happen with what type of ankle?
    1. First degree (mild)
    2. Second degree (moderate)
    3. Third degree (severe)
    4. Applies to one or more level

Vocab Words:

1. The lower leg compartment that contains the gastrocnemius, soleus, and plantaris muscles.
2. The large bony prominences located on either side of the ankle
3. A ligament that connects the tibia to the fibula in front of the ankle
4. A ligament that connects the calcaneus to the fibula
5. The lower leg compartment that contains the tibialis anterior, extensor digitorum longus peroneus brevis, and extensor hallicus muscles
6. A commonly injured ligament that is triangular in shape and consists of a superficial and deep layer that connects the talus to the medial malleolus.
7. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ arch is composed of the cuneiforms, the cuboid, and the 5 metatarsal bases.
8. Medial Tibial Stress Syndrome is also known as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
9. The subtalar joint of the ankle is formed by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
10. A bony growth on the calcaneus is called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
11. In the ankle, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ joint is formed by the tibia, fibula and talus.
12. Transient tingling and numbness on the lateral surface of the leg and dorsal surface of the foot and ankle indicates damage to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.