



# 10

## Reinforcement

### FLEXIBILITY WORD SEARCH

Write the correct word or words defined by each clue. Then find and circle each word in the word search puzzle.

1. Places in your body where bones come together \_\_\_\_\_
2. Tough white tissues that connect bones \_\_\_\_\_
3. Condition in which joints are limited in their range of motion because muscles are too short \_\_\_\_\_
4. Stretching slowly and then holding the stretch for several seconds \_\_\_\_\_
5. The ability to move joints through a full range of movement \_\_\_\_\_
6. Series of quick but gentle bouncing stretches not held for a long time \_\_\_\_\_
7. Sudden tightening of a muscle \_\_\_\_\_
8. Principle applied when you stretch your muscles farther than normal to increase flexibility \_\_\_\_\_
9. Principle applied when you gradually make each flexibility exercise more difficult \_\_\_\_\_
10. Amount of movement you can make at a joint (abbreviation) \_\_\_\_\_
11. Involves using the body's reflexes to relax a muscle before stretching it (abbreviation) \_\_\_\_\_
12. A disease in which joints become inflamed \_\_\_\_\_
13. Ability to extend knee, elbow, or wrist joints past a straight line \_\_\_\_\_-mobility
14. Looseness of the joints due to overstretched ligaments \_\_\_\_\_

F L E X B C L E P B U B  
 O L O I E R G O R A S A  
 S I E O S X S Y O L G L  
 I G C X T L T R G I R L  
 T A V O I A A D R A O I  
 I M P C T B T C E T M S  
 R E N L C R I R S I T T  
 H N F E B T C L S C Y I  
 T T T C O B S O I I U C  
 R S J O I N T S O T N S  
 A S H Y P E R V N Y Y T  
 D S L B V R E B O A D R  
 S Y S T O R T Y T J O E  
 M U S C L E C R A M P T  
 T N U O U O H L T R I C  
 E X A S U M I A O D N H  
 A D C L E I N G O I S I  
 L A X I T Y G R B S T N  
 M U S C L E B O U N D G