

basic life support (BLS): Basic medical care provided by emergency medical technicians.

Bennett's fracture: A fracture and dislocation of the base of the first metacarpal (the thumb).

blowout fracture: A fracture of the cavity containing the eyeball and its associated muscles that can be the result of a direct blow to the eye or cheek.

bone scan: An imaging procedure in which a radioactive-labeled substance is injected into the body to determine the status of a bony injury. If the radioactive substance is taken up by the bone at the injury site, the injury will show as a hot spot on the scan image. The bone scan is particularly useful in the diagnosis of stress fractures.

brachial plexus: Network of nerves originating from the cervical vertebrae and running down to the shoulder, arm, hand, and fingers.

bruise: A discoloration of the skin due to an extravasation of blood into the underlying tissues.

bursa: A fluid-filled sac that is located in areas where friction is likely to occur, then minimizes the friction (eg, between a tendon and a bone).

C

calcaneofibular ligament: The ligament that connects the fibula to the calcaneus.

calf: Large muscle located at the back of the shin that includes the gastrocnemius and the soleus muscles and is connected to the heel by the Achilles tendon; responsible for foot plantarflexion and instrumental in jumping.

capsule: An enclosing structure that surrounds the joint and contains ligaments that stabilize that joint.

cardiopulmonary resuscitation (CPR): Combined artificial ventilation and cardiac massage technique for reviving a person whose heart and breathing have stopped and who is unconscious.

cartilage: Smooth, slippery substance preventing 2 ends of bones from rubbing together and grating.

cellulitis: Inflammation of cellular or connective tissue.

cervical vertebrae: Group of 7 vertebrae located in the neck.

chondromalacia: Roughening of the articular cartilage. Best known for the roughening of the underside of the patella, which can occur in any patellofemoral injury.

chronic: Of long duration, often years; recurring; opposite of acute.

clavicle: The collar bone.

coccyx: The tail bone; a group of 4 vertebrae that are fused together, located at the terminal end of the spine.

cold pack: A pack of natural or synthetic ice that is applied to any injury to minimize blood flow in the area to control the injury.

collagen substance: Exists in commonly injured tissues of the body, including skin, cartilage, ligaments, and bone.

collateral ligament: On either side of, and acting as a radius of movement of, a hinge joint, such as of the elbow, knee and wrist.

Colles fracture: A fracture of the distal end of the radius, with the lower end being displaced backward.

compartment syndrome: A build-up of pressure in muscles.