



Glossary

1. **Tendon:** A flexible but inelastic cord of strong fibrous collagen tissue attaching a muscle to a bone.
2. **Ligament:** A short band of tough, flexible fibrous connective tissue which connects two bones or cartilages or holds together a joint.
3. **Sprain:** A sprain is a stretching or tearing of ligaments.
4. **Strain:** A strain is a stretching or tearing of muscle or tendon.
5. **Plantar fasciitis:** Inflammation of a thick band of tissue that runs across the bottom of foot and connects the heel bone to the toes.
6. **Stress fracture:** A fracture caused by repetitive stress.
7. **Tendinopathy:** Tendinopathy is a failed healing response of the tendon.
8. **Cartilage:** Rubbery tissue that cushions bones at joints.
9. **Iliotibial band:** A fibrous thickening of the fascia lata that extends from the iliac crest down the lateral part of the thigh to the lateral condyle of the tibia and that provides stability to the knee and assists with flexion and extension of the knee
10. **Tennis elbow:** Lateral epicondylitis caused by injured tendons from the muscles that attach to the outer bone of the elbow
11. **Golfer's elbow:** Tendinosis of the medial epicondyle on the inside of the elbow.