

Name: \_\_\_\_\_

## What Do You Know?

**Directions:** Read the story “Big League Injuries” (page 16). Then answer the questions below.

1. Which phrase could be used to replace *It* in the following sentence?

“It also prevents the shin from moving too far forward.”

- A. The growth plate
- B. The anterior cruciate ligament
- C. The shinbone

2. Why does the doctor say it is not ideal to use surgery to repair an ACL tear on young teens?

- A. An ACL tear takes months to heal and requires physical therapy.
- B. It’s not a serious injury.
- C. Teens’ bones aren’t finished growing yet.

3. What does it mean when the author says “If you do get hurt, don’t forget to lean on others”?

- A. Have friends go everywhere with you so they can hold you up.
- B. Ask for help and support from people you know.
- C. Do balancing activities to improve your strength and prevent injury.

4. Which of the following does *not* support the fact that exercise is one way to prevent injury?

- A. Nick’s coach has the team sprint and run longer distances.
- B. Exercises that encourage soft landings and balance are helpful.
- C. Nicole did lunges and balancing activities, and used weighted balls in physical therapy.

5. What is the main idea of this article?

- A. An ACL injury can be fixed, but you can work to try to prevent injury too.
- B. Healing from an ACL tear can be tough, so look to family and friends for support.
- C. Exercise is the number-one prevention technique.

6. List three details that support the main idea of “Big League Injuries.”

---

---

---