

Directions: Fill in the blanks.

Dave and Alissa were fit. Their friends would say they were “hard core” about exercise. They never missed a day, rain or sh\_\_\_\_. They liked to jog in the park after work. They liked to jog about 2.5 m\_\_\_\_\_.

One afternoon it was raining. The path in the park had turned to m\_\_\_\_. Dave and Alissa went jogging anyway.

Dave did not see a small rock in the p\_\_\_\_. His foot bumped the rock. His other foot slipped. Down he went, splat, in the mud!

“Did you have a nice trip?” laughed Alissa.

“Very fun\_\_\_\_,” said Dave. “OW! That hurt!”

Dave got back on his f\_\_\_\_. His right hand and elbow were scraped and cut. “Let’s keep going,” Dave said. He was hard c\_\_\_\_\_.

But as soon as he started to run he had to st\_\_\_\_. Every st\_\_\_\_ he took on the right leg hurt. “I think I messed up my knee,” Dave said.

“Let’s go h\_\_\_\_\_ then,” said Alissa. “We need to take care of that knee and those cuts. I think we have everything we n\_\_\_\_\_.”

Dave put his arm around Alissa’s shoulder, and limped back to the car. Alissa got the first aid k\_\_\_\_\_ from the trunk and found an instant cold ice pack. She squeez\_\_\_\_\_ and twist\_\_\_\_\_ the pack, then shook it. It was ready to use within 30 seconds. “Here,” she said to Dave, “put this on your knee. It will take down the swelling.”

When they got home, Dave hopped inside on his good l\_\_\_\_\_. He took a hot bath. Alissa put some Epsom Salts in the bath. “This will help relax your muscles,” she told him. “And you need to wash those cuts with soap, too. Then we’ll clean them with some antiseptic.”

“That will hurt!” Dave cried. He wasn’t so hard core \_\_\_\_\_ow.

“Only a little, you baby. But an infection will hurt more. Which do you want?” asked Alissa.

The bath felt good, but Dave’s knee was still swelling up. Alissa put another ice pack on it. She also gave

him two Advil for the p\_\_\_\_. She told him to put his leg up on the couch.

“No jogging for you for a while,” said Alissa. “You need to stay off that leg and r\_\_\_\_\_ it. It should be better in a few days to a week. If not, we’ll call the doc and have it looked at.”

“Yes sir,” said Dave. He hated to have to sit still for that long, but he knew Alissa was right. “Pass me the T.V. re\_\_\_\_\_.”