



**MISCELLANEOUS**



# PRESEASON HISTORY

## 2008 PRESEASON GAME-BY-GAME (1-7)

DATE	W/L	SCORE	OPPONENT	SITE (CITY)	ATT.
10/7	L	81-110	@PORTLAND	ROSE GARDEN (Portland, OR)	19,321
Kings highs: Greene 18 pts.; Hawes, Williams 6 reb.; Jackson 3 ast. Trail Blazers highs: Webster 15 pts.; Przybylla 12 reb.; Roy, Rodriguez 7 ast.					
10/10	W	94-85	OKLAHOMA CITY	ARCO Arena (Sacramento, CA)	9,004
Kings highs: Brown 22 pts.; Williams 11 reb.; Brown 4 ast. Thunder highs: Green 19 pts.; Petro 10 reb.; Watson 7 ast.					
10/12	L	89-94	@LA Lakers	Thomas & Mack Center (Las Vegas, NV)	11,090
Kings highs: Thompson 15 pts.; Hawes 10 reb.; Udrih 8 ast. Lakers highs: Gasol 12 pts.; Odom 9 reb.; Fisher, Odom, Fisher 37 ast.					
10/15	L	112-116	LA CLIPPERS	Spanos Center (Stockton, CA)	4,028
Kings highs: Martin 29 pts.; Miller, Hawes 7 reb.; Miller, Udrih 5 ast. Clippers highs: Gordon 33 pts.; Davis 8 reb.; Taylor 9 ast.					
10/17	L	90-95	@Houston	Toyota Center (Houston, TX)	12,503
Kings highs: Martin 19 pts.; Miller 9 reb.; Thompson 6 ast. Rockets highs: Brooks 23 pts.; Scola 10 reb.; Alston 7 ast.					
10/18	L	109-124	@Dallas	American Airlines Center (Dallas, TX)	20,429
Kings highs: Martin 26 pts.; Hawes 10 reb.; Hawes 6 ast. Mavericks highs: Green 29 pts.; Bass 9 reb.; Stackhouse 8 ast.					
10/20	L	98-112	PORTLAND	ARCO Arena (Sacramento, CA)	8,632
Kings highs: Martin 34 pts.; Moore, Thompson 6 reb.; Salmons 5 ast. Trail Blazers highs: Aldridge 24 pts.; Oden 9 reb.; Aldridge 5 ast.					
10/23	L	97-110	HOUSTON	ARCO Arena (Sacramento, CA)	8,770
Kings highs: Hawes 25 pts.; Hawes 16 reb.; Brown 6 ast. Rockets highs: Artest 19 pts.; Yao 7 reb.; Artest, Scola, Brooks 4 ast.					

## SACRAMENTO-ERA PRESEASON RESULTS

<b>2007 (3-5)</b> W Kings 104-Seattle 98 L Phoenix 110-Kings 99 L Dallas 101-Kings 99 W Kings 105-Utah 91 L Portland 101-Kings 77 W Kings 111-Portland 87 L LA Clippers 92-Kings 90 L LA Lakers 101-Kings 97	<b>2002 (6-2)</b> L Dallas 105-Kings 94 W Kings 102-Utah 92 W Kings 92-Golden State 74 L New York 87-Kings 84 W Kings 91-Seattle 90 W Kings 99-Portland 96 W Kings 115-Cleveland 94 W Kings 93-LA Lakers 88	<b>1996 (3-5)</b> L Golden St. 118-Kings 80 W Kings 103-Portland 97 W Kings 83-Detroit 82 W Kings 98-LA Clippers 94 L Denver 95-Kings 87 L Denver 115-Kings 105 L Chicago 111-Kings 90 L Chicago 97-Kings 91	<b>1990 (3-4)</b> W Kings 116-Miami 110 W Kings 111-Golden St. 105 L Portland 114-Kings 82 W Kings 94-Portland 89 L Golden St. 144-Kings 107 L Seattle 98-Kings 89 L Seattle 117-Kings 116
<b>2006 (5-3)</b> W Kings 111-Dallas 90 W Kings 96-LA Lakers 91 L Phoenix 114-Kings 94 W Kings 112-Utah 96 W Kings 117-NO/OK City 93 L NO/OK City 84-Kings 81 L Seattle 103-Kings 88 W Kings 84-Portland 78	<b>2001 (4-4)</b> W Kings 101-Utah 95 L Portland 107-Kings 104 W Kings 107-Dallas 88 L Portland 101-Kings 100 L Seattle 101-Kings 99 W Kings 109-LA Lakers 104 W Kings 107-Memphis 94 L Seattle 106-Kings 88	<b>1995 (5-2)</b> W Kings 127-Denver 112 L LA Clippers 120-Kings 74 W Kings 101-Vancouver 72 L Detroit 103-Kings 97 W Kings 112-Chicago 111(OT) W Kings 110-Vancouver 84 W Kings 111-Golden St. 103	<b>1989 (2-6)</b> L LA Lakers 115-Kings 94 L LA Lakers 110-Kings 99 L Golden St. 137-Kings 111 W Kings 95-LA Clippers 91 L LA Clippers 112-Kings 107 L Seattle 123-Kings 110 L Seattle 115-Kings 98 W Kings 119-Golden St. 114
<b>2005 (3-5)</b> L Dallas 96-Kings 83 W Kings 90-LA Clippers 84 W Kings 114-Golden State 99 L Denver 102-Kings 99 W Kings 100-Portland 80 L Phoenix 100-Kings 88 L Phoenix 112-Kings 102 L LA Lakers 105-Kings 103	<b>2000 (4-4)</b> W Kings 107-Utah 83 L Milwaukee 91-Kings 89 L Indiana 92-Kings 83 W Kings 92-Memphis 90 L Seattle 113-Kings 110 W Kings 118-LA Lakers 111 L Seattle 113-Kings 109 W Kings 99-Portland 90	<b>1994 (1-6)</b> L LA Lakers 110-Kings 103 L LA Lakers 125-Kings 120 L LA Clippers 114-Kings 109 L Denver 124-Kings 118 L Detroit 107-Kings 91 L Chicago 109-Kings 101 W Kings 107-Golden St. 105	<b>1988 (3-4)</b> L LA Clippers 125-Kings 115 W Kings 114-LA Clippers 111 W Kings 109-Golden St. 98 L Phoenix 138-Kings 117 W Kings 103-San Ant. 97 L San Ant. 115-Kings 96 L Phoenix 121-Kings 112
<b>2004 (2-6)</b> L Golden State 97-Kings 79 L Houston 88-Kings 86 W Kings 91-Houston 89 L LA Lakers 105-Kings 80 L Utah 101-Kings 88 W Kings 92-New Orleans 87 L Dallas 112-Kings 93 L Phoenix 124-Kings 96	<b>1999 (3-5)</b> L Detroit 129-Kings 115 W Kings 96-Indiana 95 L Indiana 116-Kings 107 W Kings 100-Chicago 85 L Portland 99-Kings 93 W Kings 103-Vancouver 101 L Seattle 133-Kings 128 L Portland 103-Kings 96	<b>1993 (2-6)</b> W Kings 115-Portland 105 L Denver 113-Kings 96 L Denver 121-Kings 99 L Chicago 106-Kings 102 L Chicago 101-Kings 99 L Boston 126-Kings 125 W Kings 113-Golden St. 111 L Portland 101-Kings 95	<b>1987 (5-3)</b> W Kings 122-LA Clippers 105 W Kings 135-Golden St. 117 W Kings 125-LA Clippers 120 L Seattle 123-Kings 116(OT) L Seattle 109-Kings 101 W Kings 122-Golden St. 104 L San Ant. 135-Kings 131 W Kings 135-Phoenix 123
<b>2003 (4-4)</b> W Kings 101-LA Clippers 82 W Kings 111-Portland 100 L Golden St. 111-Kings 94 L Houston 82-Kings 78 L Houston 88-Kings 72 L Seattle 109-Kings 107 W Kings 121-Dallas 99 W Kings 93-LA Lakers 87	<b>1998 (2-0)</b> W Kings 91-Golden State 88 W Kings 89-Golden State 85	<b>1992 (2-5)</b> L Golden St. 124-Kings 115 L LA Lakers 133-Kings 117 W Kings 110-Seattle 108 L LA Lakers 119-Kings 102 L Chicago 105-Kings 96 L Chicago 102-Kings 93 W Kings 111-Portland 103	<b>1986 (3-5)</b> W Kings 105-Golden St. 104 W Kings 134-Seattle 120 L Seattle 106-Kings 94 L Golden St. 97-Kings 84 W Kings 112-LA Clippers 91 L Portland 111-Kings 99 L Portland 96-Kings 82 L Portland 113-Kings 111
	<b>1997 (4-4)</b> L Portland 107-Kings 96 L Milwaukee 94-Kings 86 W Kings 103-LA Clippers 92 W Kings 94-Portland 74 W Kings 98-Vancouver 81 L Detroit 104-Kings 84 L Indiana 101-Kings 71 W Chicago 87-Kings 81	<b>1991 (0-6)</b> L Utah 111-Kings 104 L Golden St. 110-Kings 100 L Portland 106-Kings 105 L Seattle 110-Kings 106 L Utah 104-Kings 100 L Golden St. 122-Kings 116	<b>1985 (2-2)</b> L Indiana 110-Kings 94 W Kings 132-LA Clippers 125 L LA Clippers 114-Kings 109 W Kings 107-Golden St. 99

# ARCO ARENA — HOME OF THE KINGS



A sold out crowd of 10,333 witnessed the Kings' debut in Sacramento at ARCO Arena I on October 25, 1985. After three seasons in the temporary facility, the Kings played their first basketball game at the permanent ARCO Arena facility on November 8, 1988 before a then-capacity crowd of 17,014. The fans have continued to flock to ARCO Arena, which now seats 17,317 for basketball. In fact, over a 13-season stretch from 1985-86 to 1997-98 the Kings hosted an NBA-leading 497 consecutive sellouts at ARCO Arena.

Conveniently located near the intersection of I-5 and I-80, ARCO Arena is only five minutes from downtown Sacramento and 90 miles from the San Francisco Bay area.

There are approximately 3,900 trees and over 8,000 shrubs on the 105 acres surrounding ARCO Arena with parking for up to 12,000 vehicles in the fully-lighted parking lot. Among the indoor amenities are concession stands throughout, featuring 80 service lines, four lounges overlooking the arena interior, eight locker rooms, 297 public toilets, and 24-hour security.

ARCO Arena adds to the local economy by employing as many as 1,200 full- and part-time workers during the basketball season. Arena patrons have come to the events hungry, consuming 5,000 gallons of soda and 170,000 hot dogs in just one year!

One of the busiest buildings of its kind in the United States, ARCO Arena hosts nearly 200 events and two million spectators annually. The facility has been home to numerous premier concert events, including nine sellout shows by country music superstar, Garth Brooks, who has attracted over 144,000 fans to his ARCO Arena concerts. Other top acts that have played ARCO Arena have included Paul McCartney, Eric Clapton, Pearl Jam, Elton John, Prince, Reba McEntire, and the Rolling Stones. In addition, more than 170,000 people attended the five-day Billy Graham Crusade in October of 1995 in the Crusade's only United States stop.

Other highlighted events at ARCO Arena have included the Ringling Bros. & Barnum and Bailey Circus, NHL Hockey, Arena Football, and the 1994, 1998, 2002, and 2007 First and Second Round Western Regional NCAA Men's Division I Basketball Tournaments. The versatile facility has hosted monster trucks, professional wrestling, and ice shows featuring the world's finest figure skaters. Two years ago, ARCO Arena hosted the 2007 NCAA Women's Division I Volleyball Championships.

ARCO Arena also is home to the Sacramento Monarchs of the Women's National Basketball Association. Having just finished their 13th season, the Monarchs continue to be a model franchise having produced record crowds and playing in back-to-back WNBA Finals (2005, 2006). The Monarchs won the WNBA Championship in 2005. On June 1, 2002, the Monarchs opened their regular season with the first sellout in team history.





# ALL ABOUT ARCO ARENA

**ADDRESS AND TELEPHONE**—The Maloof Sports and Entertainment offices are located at One Sports Parkway, Sacramento, CA 95834. The phone number for the executive office is (916) 45-KINGS (455-4647).

**ADVANCE TICKET SALES WINDOW**—Tickets to upcoming ARCO Arena events may be purchased at the advance ticket sales window located on the concourse level next to the guest services desk behind sections 123/223.

**CASH MACHINES**—Patrons of ARCO Arena are able to obtain cash from three cash machines. Located on the main concourse level (behind sections 110 and 124).

**GUEST SERVICES DESK**—The guest services desk is located on concourse level behind section 123/223 for fans who have any questions regarding that evening's event. Also located at the guest services desk is the advance ticket sales window where tickets for upcoming Kings games and ARCO Arena events may be purchased. Additionally, assisted listening devices are available upon request for hearing impaired patrons.

**DAKTRONICS VIDEO BOARD**—Manufactured by Daktronics, the four-sided color video board is comprised of four Light Emitting Diode (LED) boards are capable of all television functions—live action from four remote television cameras, instant replay, and commercials. The latest in digital technology, the video board offers greater viewing angles and a clearer picture.

**DISABLED PARKING**—Designated disabled parking stalls are located in Lot H and can be reached by entering the parking lot through Toll Plaza 5.

**DISABLED SEATING**—Disabled seating at ARCO Arena is available in different locations throughout the building. Arrangements for disabled seating can be made through the ARCO Arena Box Office at (916) 473-4029. A brochure regarding accommodations for disabled patrons can be obtained by contacting the ARCO Arena Box Office.

**FIRST AID**—Fans who are injured or become ill while attending Kings games can receive emergency treatment at the guest services desk located at the southeast corner on the concourse level. A patron in need of assistance can ask an usher or security guard for help.

**KINGS TEAM STORE**—The Sacramento Kings team store is located at the southeast entrance on the concourse level of ARCO Arena. The team store carries a full line of Kings merchandise including adult and children-size clothing and other souvenirs. The team store is open Monday through Saturday from 10 a.m. to 6 p.m. Also, the store is open to ticket holders during all Kings and Sacramento Monarchs games when the doors open, and remains open a half hour after each event. Additional hours will be announced for holidays. Visa, Mastercard, Discover, and American Express are accepted. For more information, contact the Kings Team Store at (916) 928-3673.

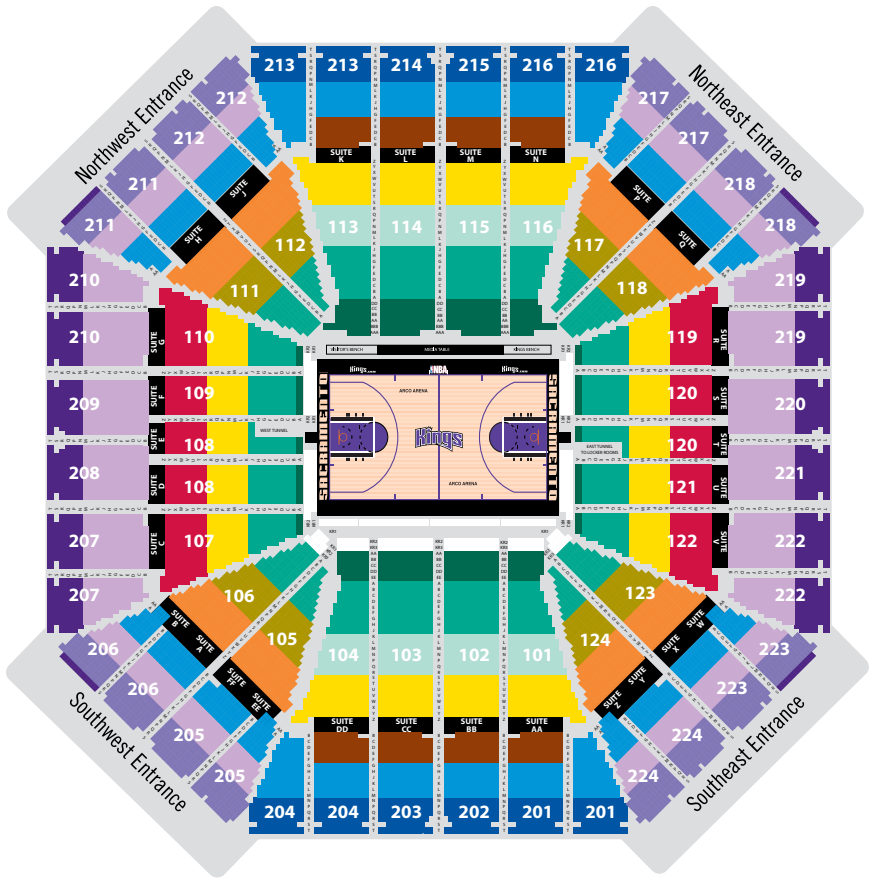
**LOST AND FOUND**—During Kings games, the lost and found is located at the guest services desk at the southeast corner of the concourse level. After the game, any unclaimed items will be held at the security desk located at the southeast security entrance on the maintenance level of ARCO Arena.

**LUXURY SUITES AND BOXES**—ARCO Arena houses 30 luxury suites featuring brass and oak furnishings, state-of-the-art video and sound, electronic technology, and glass retractable sliding brass-lined fronts. Each suite includes both inside and outside seating and comes with sliding windows and plush amenities at the mid-level of the building's seating area. Additionally, 46 club boxes above the suite area featuring cushioned seats, tray areas, and special catered services are unique to ARCO Arena. For more information regarding ARCO Arena luxury suites, please call (916) 928-3650. For more information regarding ARCO club boxes, please call (916) 928-3650.

**PARKING**—Parking lots for Kings games are open two-and-a-half hours prior to the start of the game. For non-Kings events the parking lots open two hours prior to the start of the event. The parking facilities at ARCO Arena consist of spaces for 12,000 automobiles. The parking spaces are equally distributed around all sides of the arena and consist of separate lots for employees, V.I.P.'s, preferred, pre-paid, and general parking.

**SKYLINE RESTAURANT**—Experience the excitement of the Kings and the elegance of fine cuisine all under one roof. The Skyline Restaurant offers a wonderful upscale buffet-style dinner featuring a variety of cuisines, including innovative fresh pasta saute and carving stations, delicious desserts and a full service bar. Located on the fourth floor above sections 202 and 203, the restaurant is open two hours prior to every Kings home game and remains open after the game to host the Kings live postgame radio show on Sports 1140 AM. Walk-ins are accepted. Restaurant reservations can be made by calling the Skyline Restaurant at (916) 928-8183.

# ARCO ARENA SEATING CHART



## Ticket Information

Tickets for all ARCO Arena events, including Kings games, can be purchased at the ARCO Arena Box Office or any Ticketmaster outlet, or charged via phone (916-649-TIXS) by calling any Ticketmaster outlet, or online at [www.kings.com](http://www.kings.com).

ARCO Arena Box Office hours are Mon.-Sat., 10:00 a.m.-6:00 p.m.; Sunday, closed.

## Important Phone Numbers (916 area code)

ARCO Arena Event Information.....	928-6900	Skyline Restaurant (for reservations).....	928-8183
ARCO Arena Box Office.....	928-6900	ARCO Arena Security.....	928-6931
ARCO Arena & Kings Executive Offices.....	455-4647	Group Ticket Sales.....	928-3650
Lost and Found.....	928-6931	Season Ticket Sales.....	928-3650
Team Store.....	928-3673	Ticketmaster (individual game tickets).....	649-8497



# KINGS & MONARCHS PRACTICE FACILITY

The Kings/Monarchs Practice Facility opened its doors in December 2000. The state-of-the-art, \$9.1 million, 38,500 square foot facility stands adjacent to the team's home, ARCO Arena.

Ten months after the groundbreaking ceremonies on February 23, 2000, the Kings held their first practice in the facility on December 26, 2000. DPR Construction (Sacramento) was contracted to build the facility that Boora Architects (Portland) had designed.

The facility includes a number of first-class amenities. With 24-hour dedicated access for players, coaches, and basketball staffs, the structure features two full-size basketball courts, locker room facilities for the Kings and Monarchs, and office suites for the coaches and the entire basketball operation staffs of both teams.

Additionally, the facility includes a spacious weight room with the latest in training and fitness equipment and a separate treatment and rehabilitation area. The structure also houses a video scouting room with the latest in video editing technology, a practice viewing area for VIPs and the media, staff locker rooms, and a player's lounge.



## Construction

- Ten-month fast-track construction project was built in two main sections: a precast tilt panel structure with a steel joist roof that encases two full-size basketball courts, while the balance of the building, containing offices, locker rooms, and training areas, is wood frame construction.

## Office Space

- 24 offices for Kings/Monarchs coaches and staff with an additional five open-air work spaces.
- Motion sensor security system, utilizing key and thumb print access from exterior.
- Motion sensitive lighting system to reduce power usage.
- Each office equipped with custom-made, wood-based furniture to fit the needs of the individual.
- Televisions provided in all offices with DVD players in most offices.
- Spacious reception area, featuring a basketball-themed reception desk.
- Conference room with a 12-person, solid maple conference table and a 61-inch high definition projection television and in-house sound system.
- Owners, management, and coaches offices have window views of basketball courts.

## Training Room

- Offices for the trainer, assistant trainer, strength coach, and team physicians for both the Kings and Monarchs.
- Two taping chairs and three treatment tables.
- Three whirlpools for ice treatment, heat massage, and aqua rehabilitation.
- 10-person steam room.

## Basketball Courts

- Two full-size basketball courts designed as exact replicas to the Kings and Monarchs floor at ARCO Arena.
- Permanent hardwood flooring, hand-crafted and painted with Kings and Monarchs logos.
- Five basketball stanchions.
- Fully-functional scoreboard and possession clocks.
- Court area also includes a stereo system powered by six speakers connected to the centralized audio system.

## Locker Rooms

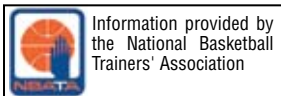
- Five separate locker rooms for Kings players, Monarchs players, Kings and Monarchs coaches, and Basketball Staff.
- Kings and Monarchs locker rooms include 18 locker stalls, a 63-inch high definition plasma television with VCR and DVD, a 10-speaker stereo system connected to the centralized audio system, custom made heightened sinks, and individually monogrammed player robes and towels.

## Workout Room

- 2,300-square-foot area featuring 37 pieces of the latest high-tech cardio and weight training equipment as well as an extensive selection of free weights.
- Four wall-mounted 55-inch HD plasma TVs and two 42-inch HD plasma TVs.
- Stereo and television audio system is designed with individual wireless headphones to personalize television and stereo selection.

## Equipment Room

- 36x36 foot area with built-in storage for all the Kings and Monarchs' shoes and apparel.
- Industrial washer and dryers.
- Inside loading and unloading dock.



Information provided by the National Basketball Trainers' Association

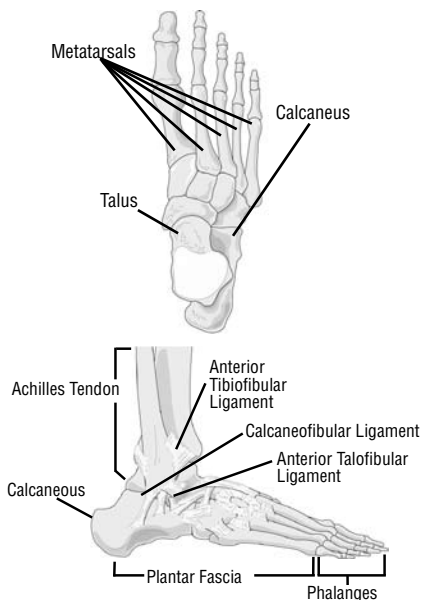
## ANKLE & FOOT

**Achilles Tendon.** The thick tendon at the distal portion of the calf that connects the gastrocnemius (calf) muscle to the heel.

**Anterior Talofibular Ligament.** A ligament of the ankle that connects the fibula (lateral ankle bone) to the talus. This ligament is often subject to sprain.

**Anterior Tibiofibular Ligament.** Restrains inversion of calcaneus.

**Calcaneofibular Ligament.** The ligament that connects the fibula to the calcaneus.



**Calcaneus.** The heel bone.

**Deltoid Ligament.** Ligament that connects the tibia to bones of the medial aspect of the foot. It is primarily responsible for stability of the ankle on the medial side and is sprained less frequently than other ankle ligaments.

**Hammer Toe.** Condition when the first digit of a toe is at a different angle than the remaining digits of the same toe. Common among basketball players as a result of improper shoe length.

**Lateral Malleolus.** A protuberance on the outside of the ankle.

**Medial Malleolus.** A protuberance on the inside of the ankle.

**Metatarsals.** Five long bones of the foot, running from the ankle to the toes.

**Morton's Toe.** Condition in which the second toe is longer than the first toe. This can cause mechanical imbalances, which produce pain within weight-bearing bones.

**Peroneal Muscles.** Group of muscles in the lateral lower leg that is responsible for everting the ankle. Tendons of these three muscles are also vital to the stability of the ankle and foot.

**Phalanges.** The group of bones at the distal end of the foot; the toes.

**Plantar Fascia.** The tight band of connective tissue in the arch of the foot.

**Plantar Fasciitis.** Inflammation of the plantar fascia; associated with overuse or acute foot injuries.

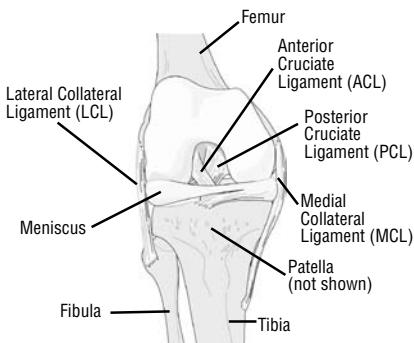
**Soft Corn.** A corn (softened by moisture) that is found beneath the upper surface of the toe.

**Stress X-Ray.** A continual X-ray taken when a portion of the body is stressed in order to determine joint stability.

**Tarsals.** Group of seven bones of the foot, consisting of the calcaneus, navicular, talus, cuboid and the three cuneiform bones.

### Fast Facts

- NBTA records indicate that the most common injury suffered by NBA players is a sprained ankle.
- Most ankle sprains occur when one player steps on another player's foot.
- More than 90 percent of all ankle sprains involve the lateral aspect of the ankle.
- Three ankle sprains are sustained for every 10 regular season games played in the NBA.
- NBTA records indicate that players older than 30 are seven times more likely to tear the achilles tendon than those younger than 30.



## KNEE

**Anterior Cruciate Ligament (ACL).** A primary stabilizing ligament within the center of the knee joint that prevents hyperextension and excessive rotation of the joint.



# MEDICAL GLOSSARY

**Baker's Cyst.** Localized swelling of a bursa sac in the posterior knee. A Baker's Cyst indicates that there is trauma inside the knee joint.

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

**Derotation Brace.** A customized knee brace worn by players with a history of rotational instability of the knee.

**Femur.** Thighbone; longest bone in the body.

**Fibula.** Smaller of the two bones in the lower leg; it runs from the knee to the ankle along the outside of the lower leg.

**Hamstring.** Group of muscles that run from the buttocks to the knee along the back of the thigh. The hamstring muscles work to flex the knee and extend the hip and are often injured as a result of improper conditioning or lack of flexibility.

**Iliotibial Band.** A thick, wide fascial layer that runs from the iliac crest to the knee joint that is occasionally inflamed as a result of excessive running.

**Jumper's Knee.** Inflammation of the patellar ligament associated with overuse of the knee from jumping and running.

**Lateral Collateral Ligament.** Ligament on the lateral aspect of the knee that connects the femur to the fibula and provides lateral stability to the joint.

**Medial Collateral Ligament.** Ligament on the medial aspect of the knee that connects the femur to the tibia and provides medial stability to the joint.

**Meniscectomy.** An intra-articular surgical procedure of the knee by which all or part of the damaged meniscus is removed.

**Meniscus.** Crescent-shaped cartilage located within the knee that works to absorb weight and provide stability.

**Patella.** The kneecap. The patella functions to protect the distal end of the femur as well as to increase the mechanical advantage and force-generating capacities of the quadriceps muscle group.

**Patella Tendinitis.** Inflammation of the patellar ligament; also known as jumper's knee.

**Patellofemoral Joint.** Articulation of the kneecap and femur. Inflammation of this joint can lead to chondromalacia and is caused by an acute injury to the patella, excessive running, chronic wear and tear of the knee or poor foot mechanics.

**Plica.** Fold of tissue in the joint capsule.

**Posterior Cruciate Ligament.** A primary stabilizing ligament of the knee that prevents backward displacement of the tibia.

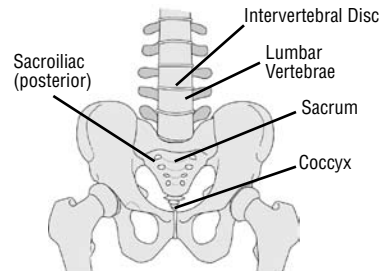
**Q-Angle.** Normal angle of quadriceps relative to the patella. The normal angle for males is 10 degrees.

**Quadricep Muscles.** A group of four muscles in the thigh that works to extend the knee.

**Tibia.** Larger of the two bones of the lower leg and the weight-bearing bone of the shin; it runs medially to the fibula.

## Fast Facts

•NFTA records indicate that during the course of a regular season, more playing time will be lost because of inflammation of the knee, patella and patellar tendon, than from any other injury.



## HIP, GROIN & LOWER BACK

**Coccyx.** The "tail bone", a group of four fused vertebrae located at the terminal end of the spine.

**Groin Strain.** Strain to the muscles that work to adduct the leg.

**Hip Pointer.** Contusion to the iliac crest.

**Intervertebral Disc.** A flat, rounded plate between each vertebra of the spine. The disc consists of a thick fibrous ring that surrounds a soft gel-like interior. It functions as a cushion and shock absorber for the spinal column.

**Lumbar Vertebrae.** Five vertebrae of the lower back that articulate with the sacrum to form the lumbosacral joint.

**Sacroiliac.** Junction of the sacrum with the hip bone.

**Sacrum.** Group of five fused vertebrae located just below the lumbar vertebrae of the lower back.

**Sciatica.** Irritation of the sciatic nerve resulting in pain or tingling in the leg.

**Sciatic Nerve.** Major nerve that carries impulses for muscular action and sensations between the lower back and thigh and lower leg; it is the longest nerve in the body.

**Spinous Process.** A small projection on the posterior portion of each vertebra that functions as an attachment site for muscles or ligaments of the spine.

**Spondylitis.** Inflammation of one or more vertebrae.

**Spondylolisthesis.** Forward displacement of one vertebra over another.

**Spondylosis.** Abnormal vertebral fixation or immobility.

**Transverse Process.** Small lateral projection off the right and left side of each vertebra that functions as an attachment site for muscles and ligaments of the spine.

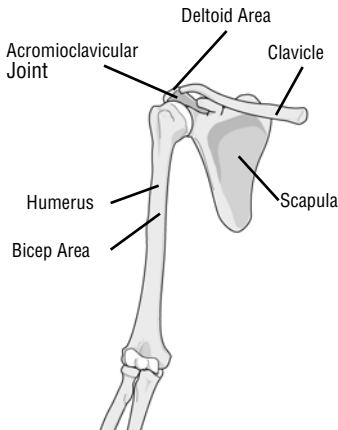
## SHOULDER

**Acromioclavicular (AC) Joint.** Area in the shoulder where the scapula and the clavicle intersect.

**Biceps.** Muscles on the front of the upper arm responsible for flexing the elbow and shoulder.

**Clavicle.** The collar bone.

**Costochondral.** Cartilage that separates the bones of the rib cage.



**Deltoid Muscles.** Muscles at the top of the shoulder that are responsible for moving the arm to the front, side and back of the body.

**Glenoid Fossa.** A cavity of the scapula into which the head of the humerus fits to form the shoulder joint. The location of a shoulder dislocation or subluxation.

**Humerus.** Bone of the upper arm that runs from the shoulder to the elbow.

**Pectorals.** Chest muscles.

**Rotator Cuff.** Group of four shoulder muscles responsible for moving the shoulder in internal and external rotation and assisting with overall shoulder stability.

**Scapula.** Shoulder blade.

**Sternoclavicular Articulation.** Area where the clavicle connects with the sternum.

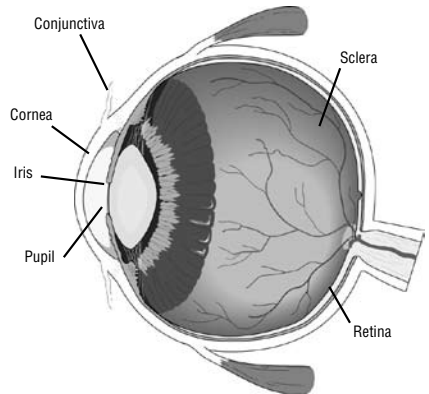
**Sternum.** The breast bone.

**Trapezius.** Flat, triangular muscle covering the posterior surface of the neck and shoulder.

**Triceps.** Muscle on the back of the upper arm that is responsible for extending the elbow and shoulder.

**Xiphoid Process.** Tip of the sternum.

## EYE



**Blow Out Fracture.** A fracture of the cavity containing the eyeball and its associated muscles.

**Conjunctiva.** Membrane covering the eyeball.

**Conjunctivitis.** Inflammation of the membrane lining the eyelids and covering the eyeball.

**Cornea.** The transparent anterior part of the eye.

**Iris.** Tissues of the eye that contract or expand to adjust the amount of light entering through the pupil.

**Pupil.** The window of the eye through which light passes to the lens and the retina.

**Retina.** Innermost tissue of the eyeball that contains nerve tissue vital for the reception and transmission of visual stimuli.

**Sclera.** The white outercoat covering the eyeball.

### Fast Facts

•NBA records indicate that no significant eye injury has been sustained by a player wearing protective goggles.



# MEDICAL GLOSSARY

## INJURY EVALUATION

**Arthroscope.** An instrument used to visualize the interior of a joint cavity.

**Arthroscopy.** A surgical examination of the internal structures of a joint by viewing through an arthroscope. An arthroscopic procedure can be used to remove or repair damaged tissue or as a diagnostic procedure in order to inspect the extent of the damage or confirm diagnosis.

**Avascular Necrosis.** Death of a body part because of a lack of blood circulation.

**Bone Scan.** An imaging procedure in which a radioactive-labeled substance is injected into the body to determine the status of a bone injury. A bone scan is particularly useful in diagnosing a stress fracture.

**CT Scan.** Use of a computer to produce a cross sectional view of the anatomical part being investigated from X-ray data.

**Chondral Fracture.** Fracture to the chondral (cartilaginous) surfaces of bone.

**Degenerative Joint Disease.** Changes in the joint surfaces as a result of repetitive trauma.

**Dislocation.** Complete displacement of joint surfaces.

**Edema.** Accumulation of fluid in organs and tissues of the body; swelling.

**Effusion.** Accumulation of fluid within a joint.

**Fracture.** Breach in continuity of the bone. Types of fractures include simple, compound, comminuted, greenstick, incomplete, impacted, longitudinal, oblique, stress and transverse.

**Heat Cramps.** Painful muscle spasms caused by excessive body heat and depletion of fluids and electrolytes. Can be prevented with acclimatization, attention to environmental heat stress and adequate fluid consumption.

**Heat Exhaustion.** Mild form of shock to cardiovascular system likely a result of dehydration. Acclimatization, attention to environmental heat stress and fluid consumption will reduce risk of occurrence.

**Heat Stroke.** Condition of rapidly rising internal body temperature.

**Hemarthrosis.** Accumulation of blood within a joint as a result of an acute injury.

**Magnetic Resonance Imaging (MRI).** Imaging procedure in which a radio frequency pulse causes certain electrical elements of the injured tissue to react. MRI does not require radiation and is very useful in the diagnosis of soft tissue, disc and meniscus injuries.

**Osteochondritis Dessicans.** A piece of bone and/or cartilage loosened from its attachment after trauma, it can cause a lesion.

**Radiography.** Taking of X-rays.

**Sprain.** A twisting, stretching, pulling or tearing of a ligament.

**1st Degree:** A stretching but no tearing of a ligament. Athlete may either return to play immediately or will miss very little activity.

**2nd Degree:** A partial tear of a ligament. Bracing may be required. Athlete may miss one to four weeks.

**3rd Degree:** A complete tear of the ligament. Depending upon the ligament involved, bracing or even surgery may be required. Athlete may be out of activity from three weeks to one year or longer.

**Strain.** The stretching, pulling or twisting of a muscle or tendon.

**1st Degree:** A stretching but no tear of the muscle or tendon. Athlete may either return to play immediately or will usually miss very little activity.

**2nd Degree:** A partial tear of a muscle or tendon. Athlete may miss one to four weeks.

**3rd Degree:** A complete tear of a muscle or tendon. Depending upon the muscle or tendon involved, surgery may be required. Athlete may be out of activity from three weeks to one year or longer.

**Subluxation.** Partial dislocation of a joint. The term usually implies that the joint can be returned to its normal position without formal reduction.

**Synovitis.** Inflammation of the synovial lining of a joint.

**Tendinitis.** Inflammation of the tendon and/or tendon sheath, usually caused by chronic overuse.

**ATC.** Athletic trainer certified; an athletic trainer with this designation has passed the certification exam administered by the National Athletic Trainers' Association.

**Abduct.** Movement of any extremity away from the midline of the body.

**Abrasion.** Any injury that rubs off the surface of the skin.

**Abscess.** An infection that produces pus; it can be the result of a blister, callus, penetrating wound or laceration.

**Adhesion.** Abnormal adherence of collagen fibers to surrounding structures.

**Aerobic.** Exercise in which energy needed is supplied by oxygen.

**Anaerobic.** Exercise without the use of oxygen as an energy source; short bursts of vigorous exercise.

**Anaphylactic Shock.** Shock that is caused by an allergic reaction.

**Anterior.** In front of or on the front surface of.

**Anterior Compartment Syndrome.** Swelling in the lower leg that jeopardizes the viability of the muscles, nerves and arteries that serve the foot. In severe cases, emergency surgery is necessary to relieve the swelling and pressure.

**Anti-Inflammatory.** Any agent that prevents inflammation, such as aspirin or ibuprofen.

**Aspiration.** The withdrawal of fluid from the body by means of a suction-type device.

**Asymptomatic.** Without symptoms.

**Atrophy.** To shrivel or shrink from disuse, as in muscular atrophy.

**Avulsion.** The forcible tearing away of a body part or structure.

**Axilla.** The armpit.

**Bennett's Fracture.** A fracture or dislocation at the base of the thumb.

**Bruise.** A discoloration of the skin as a result of an extravasation of blood into the underlying tissues.

**Bursa.** A fluid-filled sac located in areas of the body where friction is likely to occur, for example between a tendon and the underlying bone.

**Cardiopulmonary Resuscitation (CPR).** Artificial establishment of blood circulation and movement of air into the lungs.

**Calf.** Large muscle group, consisting of the gastrocnemius and soleus muscles, located at the back of the shin. The calf is connected to the heel by the Achilles tendon. This muscle is responsible for foot plantarflexion and is instrumental in jumping.

**Capsule.** A structure consisting of ligaments that surround and stabilize a joint.

**Carbohydrate/Electrolyte Drink.** Sports drink, such as Gatorade, that provides carbohydrate to muscles and replaces fluids and electrolytes (sodium, potassium) lost in sweat.

**Cartilage.** Smooth, slippery substance preventing the ends of bones from rubbing together.

**Cervical Vertebrae.** Group of seven vertebrae located in the neck.

**Charley Horse.** A contusion or bruise to a muscle resulting in intramuscular bleeding. No other injury should be called a charley horse.

**Cold Pack.** A pack of natural or synthetic ice that is applied to minimize blood flow in an injured area.

**Collagen.** Substance existing in commonly injured tissues of the body, including skin, cartilage, ligaments and bone.

**Colles' Fracture.** A fracture of the distal end of the radius.

**Concentric Muscle Contraction.** A shortening of the muscle as it develops tension and contracts to move a resistance.

**Concussion.** Jarring injury of the brain.

**Congenital.** Existing before birth; to be born with.

**Contusion.** A tissue injury caused by a direct blow.

**Costochondral.** Cartilage that separates the bones of the rib cage.

**Cranium.** Bony framework of the head consisting of eight cranial bones and 14 bones of the face and teeth.

**Cyst.** Abnormal sac containing liquid or semisolid matter.

**Dehydration.** State resulting from loss of body fluid where fluid output (sweating) exceeds fluid intake.

**Distal.** Term describing the location of one anatomical body part that is farther away from the midline of the body than another. For example, the hand is distal to the elbow.

**Dorsiflexion.** Ankle motion in which the foot and toes are moved away from the ground in an upward fashion.

**Eccentric Muscle Contraction.** An overall lengthening of a muscle as it develops tension and contracts against resistance.

**Eccymosis.** Bleeding into the surface tissue below the skin.

**-Ectomy.** Suffix connoting surgical removal of the affected part. For example, an appendectomy.

**Electrical Galvanic Stimulation (EGS).** An electrical therapeutic modality that sends current through the body at selected voltages and frequencies. Often used to control pain and swelling.

**Electrolytes.** Ionized salts in blood, tissue fluids and cells, including sodium, potassium and chlorine.

**Electromyogram (EMG).** Test to determine nerve function.

**Ethyl Chloride.** Cold spray. A chemical coolant sprayed onto an injury site to produce a local, mild anesthesia.

**Etiology.** Study of the causes of injury and disease.



# MEDICAL GLOSSARY

**Eversion.** Action of the ankle turning outward.

**Extension.** Action of straightening a joint as achieved by an extensor muscle.

**External Rotation.** Lateral movement of a joint or extremity.

**Fascia.** A sheath of fat and fibrous tissue that connects skin to the underlying tissues.

**Fat Percentage.** The amount of body weight that is adipose or fat tissue. Fat percentage can be calculated by underwater weighing, measuring select skinfold thickness or by analyzing electrical impedance.

**Flexibility.** The ability of a muscle to relax and yield to stretch forces.

**Flexibility Exercise.** General term used to describe activities performed to passively or actively elongate soft tissue.

**Flexion.** Motion of bending a joint as achieved by a flexor muscle.

**Gamekeeper's Thumb.** Tear of the ulnar collateral ligament of the metacarpophalangeal joint of the thumb.

**Glenohumeral.** The shoulder; consisting of the glenoid capsule, head of the humerus and labrum. The type of joint that allows 360-degree motion; a "ball and socket" joint.

**Grade 1 Injury.** A mild injury in which a ligament, tendon or other musculoskeletal tissue may have been stretched or contused, but not torn or otherwise disrupted.

**Grade 2 Injury.** A moderate injury when musculoskeletal tissue has been partially, but not totally, torn. A grade 2 injury will cause appreciable limitation in the function of the injured tissue.

**Grade 3 Injury.** A severe injury in which tissue has been significantly torn or otherwise disrupted, causing a virtual total loss of function.

**Groin.** Junction of the thigh and abdomen; location of muscles that rotate, flex and adduct the hip.

**Hematoma.** Tumor-like mass produced by the accumulation of coagulated blood in a cavity.

**Hot Pack.** Chemical pack that rests in water of approximately 160 degrees and is used for general therapeutic application.

**Hyperextension.** Extreme extension of a limb or body part.

**Ice Massage.** A small block of ice formed into a paper cup rubbed on an injury.

**Iliac Crest.** Lateral edge of the hip, generally the site of a hip pointer.

**Inferior.** Anatomically beneath, lower or toward the bottom.

**Inflammation.** The body's natural response to injury in which the involved site may display various degrees of pain, swelling, heat, redness and/or loss of function.

**Intermittent Compression Pump.** Therapeutic modality that uses a pump to send air into a sleeve worn over an injury, on an intermittent basis, in order to disperse edema.

**Internal Rotation.** Rotation of a joint or extremity medially or to the inside.

**Interosseus Membrane.** Uniting membrane between the tibia and fibula that forms a collagenous fibrous tissue. It serves as an origin for many of the muscles of the lower leg and also acts to transmit stress from the tibia to the fibula.

**Isokinetic Exercise.** Form of active resistive exercise in which the speed of limb movement is controlled by a preset limiting machine, such as Cybex or Biodex.

**Isometric Contraction.** Muscular contraction in which tension is developed but no mechanical work is done. There is no appreciable joint movement, and the overall length of the muscles stays the same.

**Isotonic Contraction.** A concentric or eccentric muscular contraction that results in movement of a joint or body part, as in lifting a weight.

**-itis.** Suffix that refers to inflammation (for example, bursitis).

**Joint Mobilization.** Passive traction and/or gliding movements applied to joint surfaces that maintain or restore normal joint motion.

**Lateral.** To the outside of the body.

**Lesion.** Wound, injury or tumor.

**Ligament.** Band of fibrous tissue that connects bone to bone or bone to cartilage and supports and strengthens joints.

**Lumbosacral.** Region of lower back comprising the lumbar and sacral spine.

**Mallet Finger.** Injury of the fingertip in which the extension tendon is avulsed off the distal phalanx.

**Mandible.** The jawbone.

**Manipulation.** A passive movement applied to a body part.

**Medial.** To the inside of the body.

**Metacarpals.** Five long bones of the hand, running from the wrist to the fingers.

**Myositis.** Inflammation of a muscle.

**Myositis Ossificans.** Inflammation in a muscle resulting in the formation of a bone-like substance. Also known as "calcium deposit."

**National Athletic Trainers' Association.** The certifying and governing body of the athletic training profession.

**National Basketball Trainers Association.** The governing body of athletic trainers in the National Basketball Association.

**Necrotic.** Relating to death of a portion of tissue.

**Neoprene.** Lightweight rubber used in joint and muscle sleeves. It is designed to provide support and/or insulation and heat retention to the area.

**Neuritis.** Inflammation of a nerve.

**Olecranon Process.** Bony projection of the ulna at the tip of the elbow.

**One-Repetition Maximum.** The maximum amount of weight that can be lifted in a particular exercise at one time.

**Orthotic.** Any device applied to or around the body in the care of physical impairment or disability, commonly used to control foot mechanics.

**Parasthesia.** Sensation of numbness or tingling, indicating nerve irritation.

**Pathology.** Study of the change of function and structure caused by injury or disease.

**Phalanx, Phalanges (pl.).** Any bone(s) of the fingers or toes.

**Phlebitis.** Inflammation of a vein.

**Plantar.** Pertaining to the sole of the foot.

**Plantarflexion.** Ankle motion such that the toes are pointed toward the ground.

**Posterior.** At the back or rear, of the body.

**Progressive Resistance Exercise (PRE).** An approach to exercise whereby the load or resistance to the muscle is applied by some mechanical means.

**Pronation.** Moving the hand into a palm-downward position or placing the foot into an abducted and everted position.

**Proprioceptive Neuromuscular Facilitation (PNF).** An approach to therapeutic exercise for increasing range of motion based on the principles of functional human anatomy and neurophysiology.

**Proximal.** Term describing the location of one anatomical body part that is closer to the midline of the body than another. For example, the elbow is proximal to the hand.

**Radius.** Forearm bone on the thumb side.

**Reconstruction.** Surgical rebuilding of a joint using natural, artificial or transplanted materials.

**Referred Pain.** Pain felt in an undamaged area of the body away from the actual injury.

**Retraction.** The moving of tissue to expose a part or structure of the body.

**Sacroiliac.** Junction of the sacrum with the hip bone.

**Sesamoid Bone.** A bone that lies within a muscle tendon that enhances the strength of that tendon or protects an adjacent bone. The most commonly known sesamoid bone is the patella; however, there are two small sesamoid bones located at the base of the great toe. Occasionally, this type of bone will not develop as one complete piece, and this congenital condition is referred to as a bipartite sesamoid.

**Shin Splint.** A catch-all syndrome describing pain in the shin that is not a fracture or tumor and cannot be defined otherwise.

**Spasm.** A sudden, violent and involuntary muscle contraction.

**Spleen.** Large organ in the body responsible for the normal production and destruction of blood cells.

**Sports Drink.** See Carbohydrate-Electrolyte Drink.

**Sternoclavicular Joint.** Articulation of the collarbone and the sternum.

**Stress Fracture.** A hairline break in a bone usually caused by overuse.

**Stretching.** Any therapeutic maneuver designed to elongate soft tissue.

**Superior.** In anatomy, the upper of two parts, towards the top or above.

**Supination.** Movement of the forearm into a palm-up position or placing the foot into an adducted and inverted position.

**Synovial Fluid.** Lubricating fluid for joints and tendons.

**Synovitis.** Inflammation of the synovial lining of a joint.

**Talus.** The anklebone that articulates with the tibia and fibula.

**Temporomandibular Joint (TMJ).** The articulation of the jaw and skull.

**Tendon.** Tissue that connects muscle to bone.

**Tennis Elbow.** General term for lateral elbow pain.

**Thoracic.** Group of 12 vertebrae located in the thorax, which articulate with the 12 ribs.

**Trachea.** The windpipe.

**Transcutaneous Electrical Nerve Stimulator (TENS).** An electrical modality applied to the skin; it stimulates the brain to release the natural analgesic, endorphin.

**Ulna.** Forearm bone that runs from the tip of the elbow to the little finger side of the wrist.

**Ulnar Nerve.** Nerve in the elbow commonly irritated from excessive throwing or repeated trauma; when contused, produces pain associated with the "funny bone" sensation.

**Ultrasound.** An electrical modality that transmits sound waves through an applicator into soft tissue in order to heat the area.

**Valgus.** Angulation outward and away from the midline of the body.

**Varus.** Angulation inward and toward the midline of the body.

**Vasoconstriction.** Decrease of local blood flow.

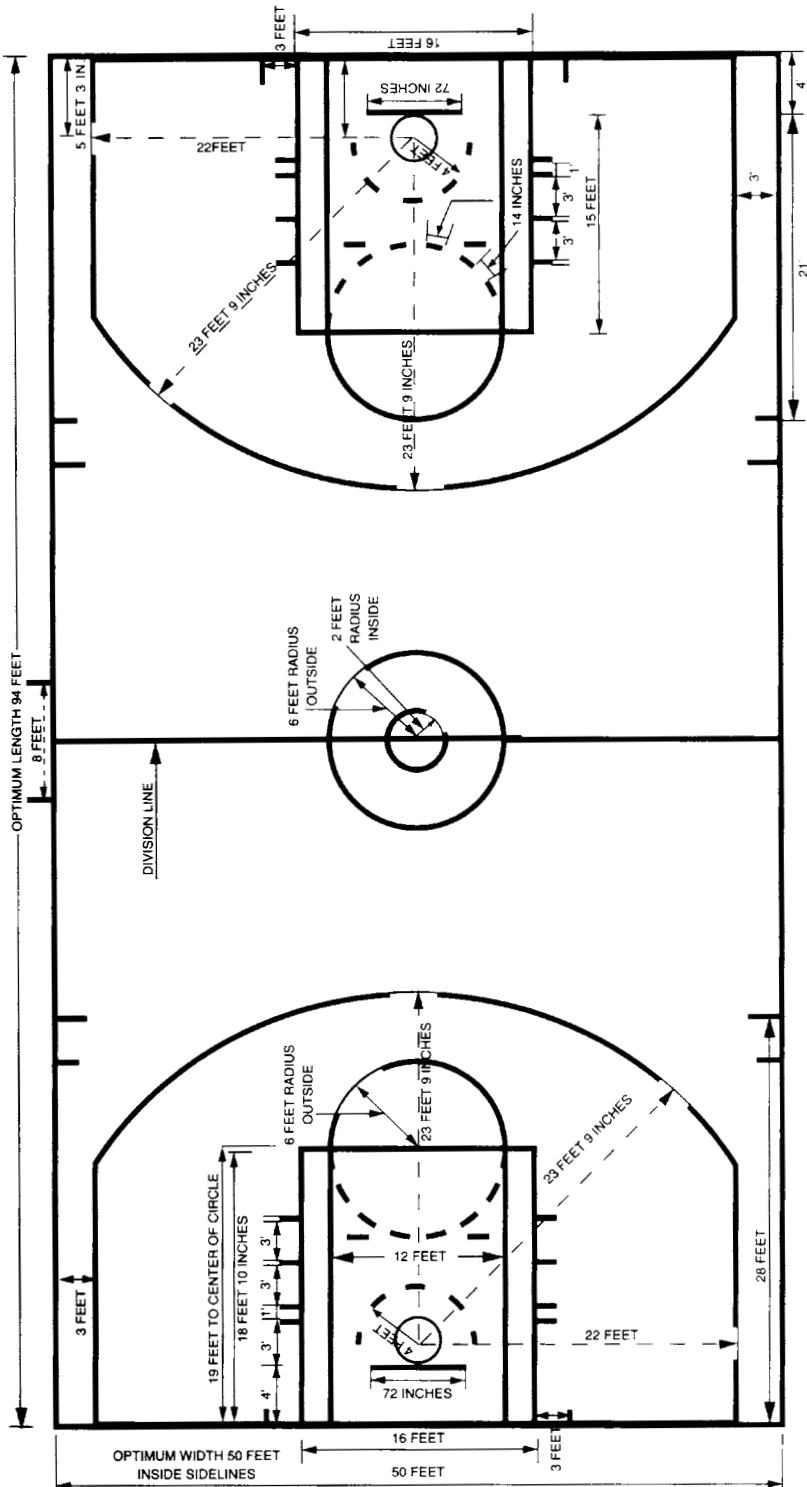
**Vasodilation.** Increase of local blood flow.

**Vertebra.** Any of the bones or segments of cartilage that form the spinal column.

**Wind Knocked Out.** Syndrome describing a contraction of the abdominal nerve trunk, the solar plexus, as a result of an abdominal contusion.

ALL LINES SHALL BE 2 INCHES WIDE (NEUTRAL ZONES EXCLUDED)

OPTIMUM LENGTH 94 FEET



# OFFICIAL NBA COURT DIAGRAM