

VOCABULARY: SPORTING INJURIES

1. Complete the definitions

<i>it isn't in the correct position</i>	<i>you become ill after you eat or touch something</i>
<i>it is in two or more parts</i>	<i>you have a blue or purple mark on it</i>
<i>they hurt after physical activity</i>	

1. If you have aching muscles,.....
2. If you have a dislocated shoulder,.....
3. If you have a broken leg,.....
4. If you have an allergic reaction,.....
5. If you have a bruised knee,.....

2. Match the sentence halves

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| 1. If you have itchy skin | it isn't easy to turn your head |
| 2. If you have a swollen ankle | it hurts, often in the lower part |
| 3. If you have a sore back | you've turned your hand too quickly |
| 4. If you have a sprained wrist | it makes you want to scratch it |
| 5. If you have a stiff neck | it is much bigger than usual |

3. Complete the sentences with the words

<i>physiotherapist</i>	<i>pitch</i>	<i>bare</i>	<i>injury-free</i>	<i>massage</i>
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1. If athletes stay....., they avoid sporting injuries
2. Ais the place where football, hockey, cricket, etc. is played.
3. A.....is when an expert presses parts of your body to reduce or prevent aches and pains.
4. A..... foot has nothing on it.
5. A.....is a professional who treats parts of your body with special exercises.

Complete the dialogues with the correct aches and pains

1. A: Stop scratching your arms and legs!
B: I can't help it. I used some new soap today and now I've got.....
2. A: How are you feeling after running the marathon yesterday?
B: Not too bad. I've gotin my legs, but nothing serious.

3. A: Would you like an egg sandwich?

B: No, thanks. I can't eat eggs. If I do, I get an and have to get medical help immediately.

4. A: What's Eliza done to her foot? She can't walk properly.

B: She hurt it when she was playing basketball yesterday and now she's got a It's much bigger than the other one!

5. A: Have you ever had a serious injury playing football?

B: Yes, I have. I had a last year. I had to have an operation to fix the bone. I couldn't walk on it for two months.

6. A: What's wrong with Matthew's arm?

B: He's got a after falling over. He said it really hurt when they moved it into the correct position in hospital.