

4 Parts of the body 1

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Common Sports Injuries

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Athletes deal with injuries on a regular basis. Below are some of the most common sports injuries.

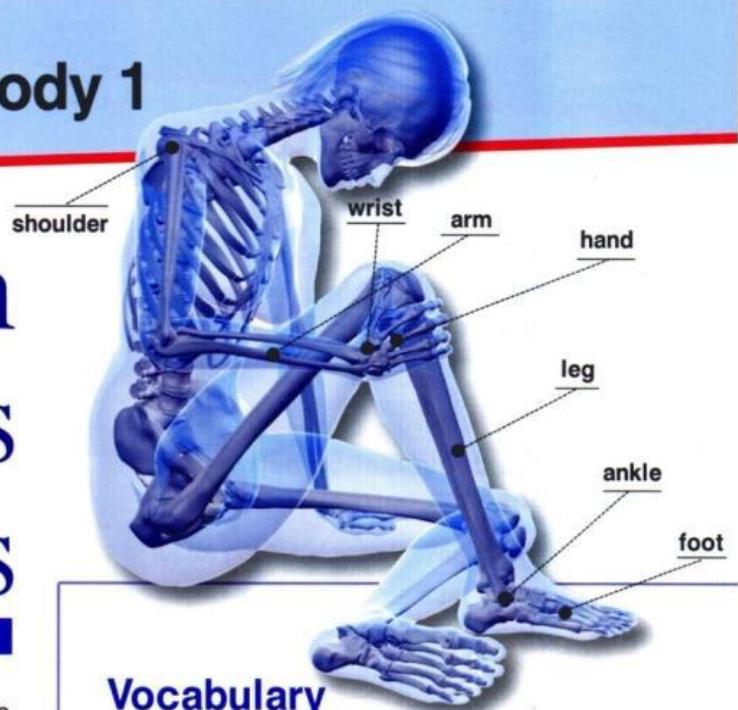
Ankle sprain: This is the most common **foot** injury. It occurs when the foot rolls in a twisting motion.

Knee sprain: This can result from a blow to the knee or a sudden twist. There could be pain throughout the **leg**.

Elbow sprain: An unnatural **arm** movement can cause an elbow sprain. Pain can be felt through the arm to the **wrist** or even the **hand**.

Shoulder dislocation: A hard blow can knock the shoulder out of place. This is very painful. **Hips** can also be dislocated.

Fingers and toes: These appendages are often jammed or broken.



Vocabulary

3 Match the words (1-6) with the definitions (A-F).

1	— hip	4	— arm
2	— finger	5	— wrist
3	— elbow	6	— leg

- A the part of the forearm that attaches to the hand
- B the long extension from the upper body between the shoulder and wrist
- C the part of the upper leg that projects slightly outward
- D the long extension from the lower body between the hip and foot
- E one of the extensions from the hand
- F the joint between the upper and lower arm

4 Read the sentence pair. Choose where the words best fit the blanks.

1 shoulder / ankle

- A I twisted my _____ when I was running.
- B Tom can't move his arm due to his _____ injury.

2 toe / knee

- A The leg bends at the _____.
- B Breaking even your smallest _____ can make walking difficult.

3 foot / hand

- A This shoe barely fits on my _____.
- B Give me your _____ and I will help you up.