



INJURY PREVENTION

-SPRAIN-

1. Complete the sentence.

A sprain is a sudden and twisting of a joint, which is
serious than a .

2. Link each degree of injury with its definition.

GRADE I

GRADE II

GRADE III

Almost complete injury of a ligament. You have pain when you rest your foot or walk.

Complete ligament rupture. Cannot support the foot or walk and presents with a lot of pain.

Microscopic injury of a ligament. The foot can be supported and walking is possible with little pain.

3. What 3 things can we do to prevent them? Select the correct ones.

- Wear correct footwear.
- Warm up the whole body.
- Work on team sports.
- Work on balance exercises.

4. What to do if we have a sprain? Select the correct ones.

- Rest.
- Elevation.
- Compression.
- Mobility.
- Heat.
- Ice.
- Walking.
- Massage.