



## 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**

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

##### **GRADE II**

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

##### **GRADE III**

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.

- |                                |                                     |                                       |                                    |
|--------------------------------|-------------------------------------|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Rest. | <input type="checkbox"/> Elevation. | <input type="checkbox"/> Compression. | <input type="checkbox"/> Mobility. |
| <input type="checkbox"/> Heat. | <input type="checkbox"/> Ice.       | <input type="checkbox"/> Walking.     | <input type="checkbox"/> Massage.  |