



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.

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