

ANCLE

Meaning: Ankle: the joint connecting the foot with the leg, formed by the tibia and fibula bones and allowing for movement and support.

1. The athlete sprained her ankle during the game and had to be carried off the field.
2. He twisted his ankle while hiking on the rocky trail.
3. After the fall, she felt a sharp pain in her ankle that made it difficult to walk.
4. He wears a supportive brace on his ankle to prevent injury while running.
5. The doctor recommended ice and elevation for her swollen ankle.
6. She turned her ankle unexpectedly while stepping off the curb.
7. Ankle weights can help enhance the effectiveness of a workout routine.
8. He felt a sudden pop in his ankle during the basketball match.
9. The physical therapist showed her exercises to strengthen her ankle after the injury.
10. He was advised to rest his ankle for a few weeks before returning to sports.

Source: sentences.whatistheurl.com
<https://sentences.whatistheurl.com/sentence/ancle>