

SPRAIN

Meaning: A sprain is an injury to a ligament caused by overstretching or tearing, often resulting in pain and swelling in the affected area.

1. She tried to push herself too hard during the match and ended up with a sprain in her ankle.
2. After slipping on the wet floor, he was worried he might have a sprain in his wrist.
3. The doctor advised her to rest and ice her knee to help heal the sprain.
4. He didn't realize the importance of warming up until he suffered a painful sprain during practice.
5. A sprain can sometimes take weeks to heal, so it's crucial to follow the proper recovery steps.
6. She twisted her ankle while hiking and ended up with a painful sprain.
7. After the basketball game, he realized he had a sprain in his wrist from a hard fall.
8. The doctor recommended rest and ice to help heal the sprain she suffered during practice.
9. He was sidelined for weeks due to a severe ankle sprain he sustained during the match.
10. To avoid further injury, it's crucial to properly rehabilitate a sprain before returning to sports.

Source: sentences.whatistheurl.com

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