

# SPRAINTS

*Meaning: SPRAINTS: plural of sprain; injuries resulting from the twisting or stretching of ligaments, often causing pain and swelling.*

1. After his intense soccer match, he was worried that he might have sustained a few sprains.
2. The doctor advised her to rest and ice her ankle to prevent further sprains.
3. Children are often more prone to sprains during active play or sports.
4. She learned the hard way that proper warm-up exercises can help reduce the risk of sprains.
5. Sprains can be painful, but with the right care, most people recover quickly.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/spraints>*