

Maskinoversættelse (engelsk)

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Ankle and wrist sprains

A sprain is what happens, when a ligament stretches or tears.

A sprain occurs when a ligament – the tough bands of tissue that connect bones inside a joint – stretch or tear.

Ankle and wrist sprains, two of the most common injuries among cheerleaders, can be induced when a ligament suffers a hard, awkward or unnatural landing.

The symptoms of a sprain are hard to dismiss: they include pain and/or soreness, swelling, bruising, cold or numbness in the foot/hand, a lack of the ability to walk or carry weight on the joint and severe stiffness.

The most common treatment for a strain is rest, ice, compression and elevation.

And depending on the severity of the sprain, it may cause chronic instability if left untreated.