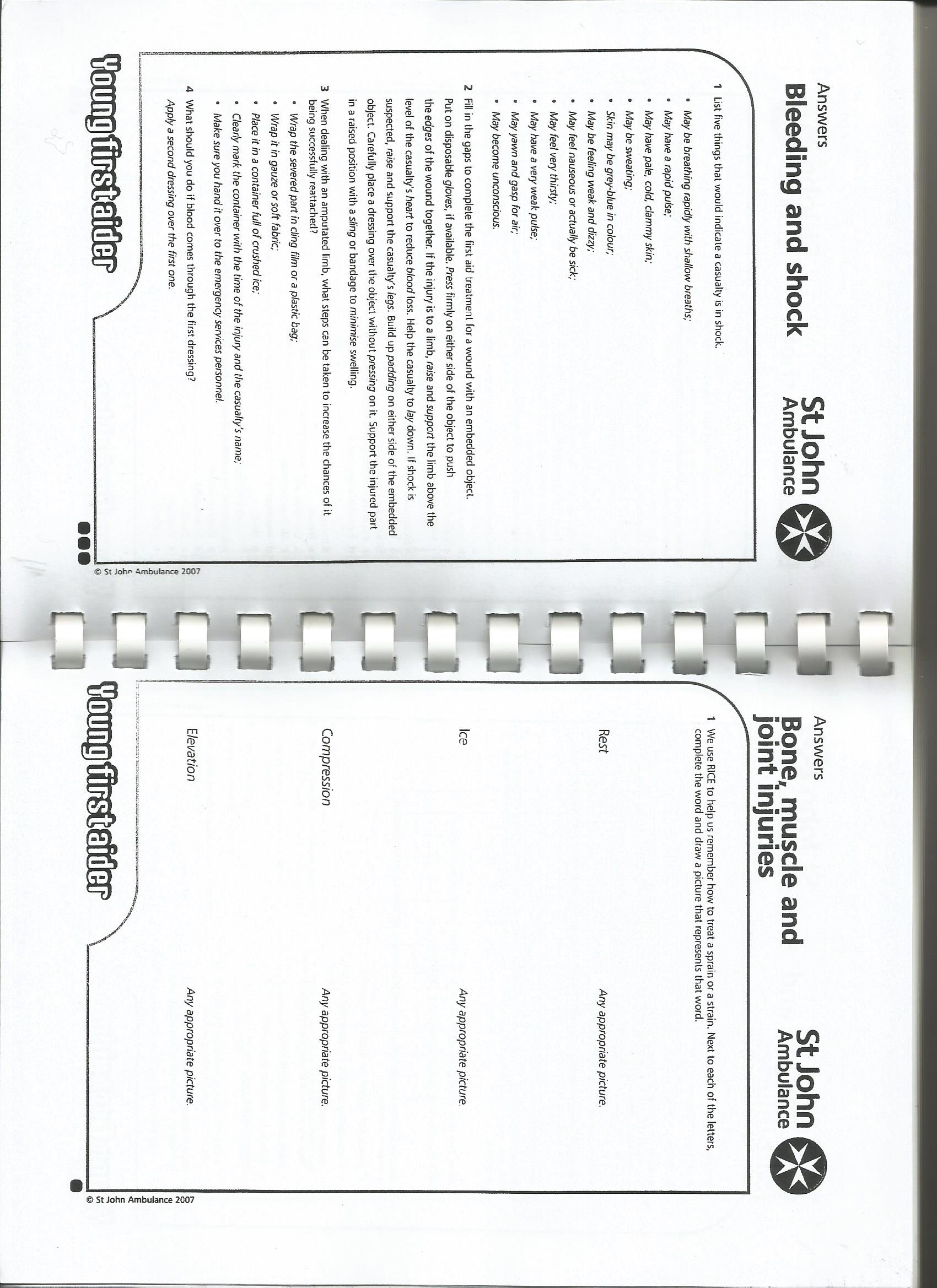
First Aid Quiz 10, Answers

Bone, muscle and joint injuries

| A table explaining the differences between strains and sprains. | |  |
| --- | --- | --- |
| **Sprains** | **Strains** |  |
| Torn or twisted ligament (tissue that connects the joints) | Overstretched or torn muscle (also known as a pulled muscle) |  |
| Most common in: wrists, ankles, thumbs, knees | Most common in: knees, feet, legs, back |  |

How might someone have got a sprain or strain? *Falling over, twisting ankle/knee/wrist*



What other R word should go with the first R? *Reassure* ………………….