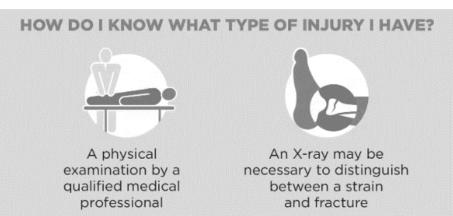
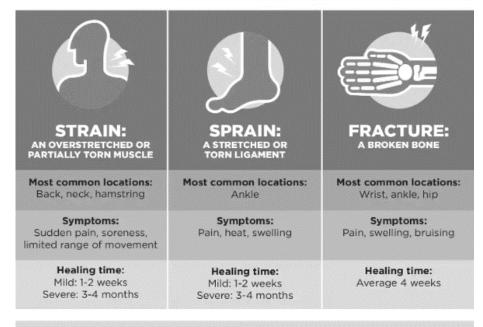
Preventing Strains and Sprains Infographic









If you are injured, get medical attention right away.

A fracture or tear that is not treated properly

can cause long-term problems.

Source: https://www.gohealthuc.com