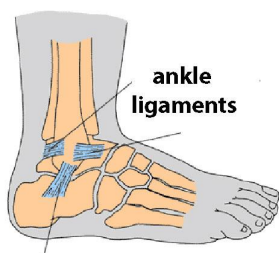


FCE Listening: Part 2



Before Listening

You are going to hear advice about treating a sprained ankle.

- A sprained ankle affects the ankle **ligaments**.
- Ligaments hold bones in place.
- You can sprain your ankle by falling on it or twisting it.

You will hear some advice. Use the information given to complete the gaps in the sentences. Choose your answers from the words below.

1. The speaker advises how to (1) _____ a sprained ankle.
 2. A sprained ankle affects the (2) _____ on the outer-side of your ankle.
 - 3 In the USA sprained ankles are very (3) _____.
 4. Most sprains do not need (4) _____.
 - 5 If not treated properly, sprained ankles can lead to long-term (5) _____
 6. Try to avoid putting (6) _____ on your ankle.
 7. An ankle brace can help (7) _____ swelling.
 - 8 Use ice but not directly on your (8) _____.
 9. The (9) _____ need to be bandaged correctly.
 10. A cushion or stool can be used to (10) _____ the ankle.
-

- a) common**
- b) elevate**
- c) injury**
- d) ligaments**
- e) problems**

- f) reduce**
 - g) skin**
 - h) surgery**
 - i) treat**
 - j) weight**
-

[Timed Interactive version of exercise](#)