

B2 First (FCE) Listening Practice - Part 2

You will hear a doctor giving advice about treating a sprained ankle. For questions 9-18 complete the sentences with a word or short phrase.

How to treat a sprained ankle

Here is what to do if you (9)or stretch the ligaments in your ankle.

There are an (10) 25,000 ankle sprains per day.

Most sprained ankles do not require(11) But poor treatment can lead to long-term (11) -----.

You should avoid putting (12) on your ankle, especially if the bone is (13)

Ice helps reduce the (14)but don't put the ice directly on the skin or use for more than twenty (15) at a time.

Ensure that the injury is (16)..... by a a qualified first aider.

(17) can reduce swelling and protect your ankle from further damage.

It is important to try and keep you foot up. A foot stool, chair or cushions help keep your ankle (18)
