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Win the Sprain Game

Sprained ankles are very common. Even though the majority of sprained ankles happen while people are playing sports, they can really happen at any time you are up and walking around. A lot of people if they get a sprained ankle ignore it and keep on with their normal lives. But is that really a good idea? New research has shown that if not treated right sprained ankles can actually cause long term damage. Click on one of the links to find out more about what type of damage can be caused by sprained ankles and how to treat one after you have gotten one.

ts of men worry about their back going out—or their knees just going. The lowly ankle sprain, however, is viewed as the [common cold](#) of musculoskeletal injuries. It happens, and you get over it. It's hard to avoid. But a growing number of researchers, [surgeons](#), and trainers believe it's time to rethink this joint. A sprained ankle is the most common injury in sports, and yet our understanding of it is only now coming into focus

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