



niǔ shāng

扭伤

verb · to sprain

Example Sentences

Tā pǎo bù shí niǔ shāng le jiǎo huái
他跑步时扭伤了脚踝。

He sprained his ankle while running.

Yī shēng shuō wǒ niǔ shāng le shǒu wàn xū yào xiū xī yì zhōu
医生说，我扭伤了手腕，需要休息一周。

The doctor said I sprained my wrist and need to rest for a week.

Niǔ shāng hòu yào lì kè bīng fū bù néng rè fū
扭伤后要立刻冰敷，不能热敷。

After a sprain, you should ice it immediately, not apply heat.

Trace each character, then write the word on your own.

扭	扭	扭	扭	扭	扭	扭	扭	扭	扭
伤	伤	伤	伤	伤	伤	伤	伤	伤	伤