

## Video HealthSheets™



### Caring for a Sprain

A sprain is a tear in a ligament that happens when it's stretched too hard. A sprain is treated with a sling, elastic bandage, splint, or cast.

### To watch the video:

#### Scan the QR code

Using your mobile device, scan the following code:



### OR

Go to the website:

**[www.kramesvideo.com](http://www.kramesvideo.com)**

Enter the prescription code:

**YD1**

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