break, broke, broken  [bruːk]
(Unregelmäßiges Verb)

Definition: to end up in two or more pieces that can't easily be reassembled; of a bone, to crack or fracture through a sudden physical strain

Übersetzung: brechen

Beispiel: Don't slip and break your leg.

Synonym(e): crack, fracture

fracture, fractures  ['fræktʃə]
(Nomen)

Definition: the act of breaking, or something that has broken, especially a bone

Übersetzung: Fraktur
Knochenbruch

Beispiel: The fracture needs to be treated in a hospital.

cast, casts  [kɑːst]
(Nomen)

Definition: a supportive and immobilising device used to help mend broken bones

Übersetzung: Gips

Beispiel: The doctor put a cast on the boy's broken arm.

burn, burns  [bɜː(r)n]
(Nomen)
**Definition:** a physical injury caused by heat, electricity, radiation or caustic chemicals

**Übersetzung:** Verbrennung

**Beispiel:** She had second-degree burns from falling in the bonfire.

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**bump, bumps**  [bʌmp]

**(Nomen)**

**Definition:** a swelling on the skin caused by illness or injury

**Übersetzung:** Beule

**Beispiel:** How did you get that bump on your head?

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**twist**  [twɪst]

**(Verb)**

**Definition:** to turn the ends of something in opposite directions, often using force

**Übersetzung:** verrenken
verdrehen

**Beispiel:** I slipped and twisted my ankle.

**Synonym(e):** dislocate

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**sprain**  [spɛɪn]

**(Verb)**

**Definition:** to weaken a joint, ligament, or muscle, by sudden and excessive exertion, as by wrenching; to overstrain, or stretch injuriously, but without luxation

**Übersetzung:** verstauchen

**Beispiel:** He sprained his ankle and couldn’t walk anymore.
strain, strains  [streɪn]  

(Nomen)  

Definition:  an excessive and hurtful exertion or tension, as of the muscles; an injury resulting from violent effort  

Übersetzung: Zerrung  

Beispiel: She had a painful strain in her leg.  

strain  [streɪn]  

(Verb)  

Definition: to apply a force or forces to something by stretching out beyond what is normal or comfortable  

Übersetzung: belasten  

zerren  

Beispiel: Wrap the strained area to reduce swelling.  

damage  [ˈdæmɪdʒ]  

(Verb)  

Definition: to make something less intact or even destroy it; to harm or cause destruction  

Übersetzung: schaden  

beschädigen  

Beispiel: Be careful not to damage any of the fragile items while unpacking them.  

Synonym(e): harm  

bruise, bruises  [bruːz]  

(Nomen)  

Definition: a purplish mark on the skin due to leakage of blood from capillaries under the surface that have been damaged by a blow
Übersetzung: blauer Fleck
Prellung
Bluterguss

Beispiel: He showed his bruises to the doctor.

cuts and bruises
(Chunk)

Übersetzung: Schnittwunden und Prellungen

Beispiel: Julia hides her cuts and bruises with a bandage.

swell, swelled, swollen  [swel]
(Unregelmäßiges Verb)

Definition: to become bigger than usual

Übersetzung: anschwellen

Beispiel: They were worried because his foot was swollen.

stiff  [stf]
(Adjektiv)

Definition: of an object, hard to bend and not flexible; of muscles, or parts of the body, painful, as a result of excessive, or unaccustomed exercise

Übersetzung: steif

Beispiel: My legs are stiff after climbing that hill yesterday.
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