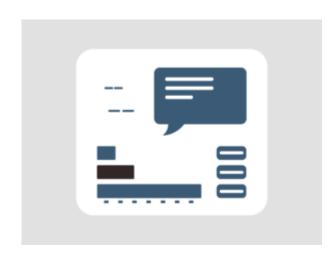
Preventing Strains and Sprains Infographic





Source: https://www.firstaid.org.uk