

Long-lasting sprains can cause chronic illness

The article as a wake-up call for those who have previously considered sprains is a common and long-term treatment.

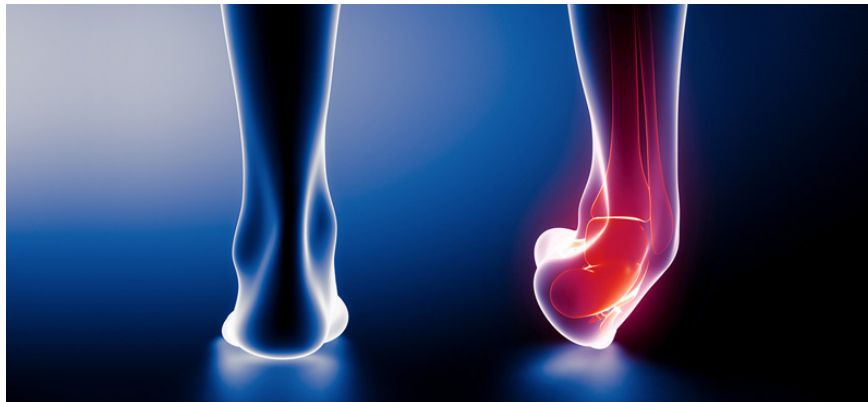
The article is like a wake-up call for anyone who now considers "sprain" to be a common and long-term treatment.

Before, we already know that sprains are a tendon injury, often after a fall, being beaten or supported. However, a part of people still have a indifferent attitude, despise this disease and consider it a small affair.

Recently, a lead research group led by Gribble in the US conducted an online survey of more than 3,500 adults and a total of more than 1,800 people have ever been sprained.

Survey results show that up to 46% of people self-assess that their "sprain disease" is in a state of "slightly slightly" with indifferent attitude, not interested and does not need or less to treat.

In particular, only 36% of people who rated their illnesses were "serious" and they actively went to a private hospital or doctor for timely treatment.



Long-term, untreated sprains can cause immeasurable health risks. (Photo: Iwalk-free)

In another comparative category, after a long period of time, for those who are indifferent, the pain level of tendon disease has reached 31%. Meanwhile, the people who treated in time, the pain dropped to about 27%.

After a period of qualitative and quantitative analysis according to medical standards, the survey results showed that those with indifferent attitude tend to have heart, respiratory disease (34%), arthritis (9.4 %) and even deformed due to the sprain complications. While those who focus on sprains and know how to treat them promptly, the risk of these diseases is only 24.5% - 1.8%, respectively.

According to information shared on the sidelines from the director of Gribble, he said that people have previously considered "sprain" a benign disease that can be treated through a loudspeaker or let itself go. This is the underlying cause of a range of chronic diseases that can be dangerous or serious complications later on for those who are indifferent.

Research results as a wake-up call for those who have an attitude of indifference to sprains should have a way of re-recognizing and actively implementing measures and treating sprains so that it is timely, safe and effective. .

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