

Sprains and Strains: A Comparison and Contrast

Outline

- I. Introduction
 - A. General introductory statement
 - B. Definitions of sprains and strains
 - C. Background information
 - D. Thesis statement:
 1. sprains and strains
 2. comparison and contrast
 3. three aspects

- II. Causes of sprains and strains [similarities & differences]
 - A. Similarities
 1. accidents
 2. sports
 - B. Differences
 1. sprains
 - a. types of accidents
 - b. types of sport
 2. strains
 - a. types of accidents
 - b. types of sport

- III. Signs and symptoms [similarities & differences]
 - A. Similarities
 1. three categories according to severity
 2. symptoms
 - a. pain
 - b. swelling or inflammation
 - c. loss of function
 - B. Differences
 1. sprains (grade I, grade II, grade III)
 2. strains (grade I, grade II, grade III)

- IV. Prevention of sprains and strains [similarities]
 - A. Healthy lifestyle
 - B. Correct footwear
 - C. Following doctors' recommendations (re sports)

- V. Conclusion
 - A. Summary of main points
 - B. Restatement of thesis