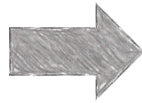




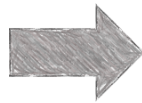
Sportverletzungen

P



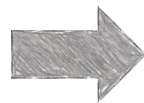
Pause

E



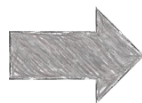
Eis

C



Compression

H



Hochlagern

Bitte kein Eisspray verwenden !!!

Am besten ist die Verwendung von Sofort-Kälte-Kompressen.