

# sprained

**The past tense of sprain is sprained**

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## The Forms of Sprain

Infinitive	<b>to sprain</b>
Present Tense	<b>sprain / sprains</b>
Past Tense	<b>sprained</b>
Present Participle	<b>spraining</b>
Past Participle	<b>sprained</b>

## Conjugate Sprain

**Sprain in Present Simple (Indefinite) Tense**

**Singular                  Plural**

I **sprain**                  We **sprain**  
You **sprain**              You **sprain**  
He/She/It **sprains**    They **sprain**

**Sprain in Present Continuous (Progressive) Tense**

**Singular                  Plural**

I **am spraining**              We **are spraining**  
You **are spraining**          You **are spraining**  
He/She/It **is spraining**    They **are spraining**

**Sprain in Present Perfect Tense**

**Singular                  Plural**

I **have sprained**              We **have sprained**  
You **have sprained**          You **have sprained**  
He/She/It **has sprained**    They **have sprained**

**Sprain in Present Perfect Continuous Tense**

**Singular                  Plural**

I **have been spraining**          We **have been spraining**  
You **have been spraining**      You **have been spraining**  
He/She/It **has been spraining**    They **have been spraining**

**Sprain in Past Simple (Indefinite) Tense**

**Singular                  Plural**

I **sprained**                  We **sprained**  
You **sprained**              You **sprained**  
He/She/It **sprained**      They **sprained**

**Sprain in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

I was spraining                      We were spraining  
You were spraining                You were spraining  
He/She/It was spraining        They were spraining

**Sprain in Past Perfect Tense**

**Singular**

**Plural**

I had sprained                      We had sprained  
You had sprained                You had sprained  
He/She/It had sprained        They had sprained

**Sprain in Past Perfect Continuous Tense**

**Singular**

**Plural**

I had been spraining              We had been spraining  
You had been spraining          You had been spraining  
He/She/It had been spraining    They had been spraining

**Sprain in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

I will sprain                      We will sprain  
You will sprain                  You will sprain  
He/She/It will sprain        They will sprain

**Sprain in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

I will be spraining                We will be spraining  
You will be spraining            You will be spraining  
He/She/It will be spraining    They will be spraining

**Sprain in Future Perfect Tense**

**Singular**

**Plural**

**I will have sprained**

**We will have sprained**

**You will have sprained**

**You will have sprained**

**He/She/It will have sprained**

**They will have sprained**

**Sprain in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been spraining**

**We will have been spraining**

**You will have been spraining**

**You will have been spraining**

**He/She/It will have been spraining**

**They will have been spraining**