

sprained

The past tense of sprain is sprained

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The Forms of Sprain

Infinitive	to sprain
Present Tense	sprain / sprains
Past Tense	sprained
Present Participle	spraining
Past Participle	sprained

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