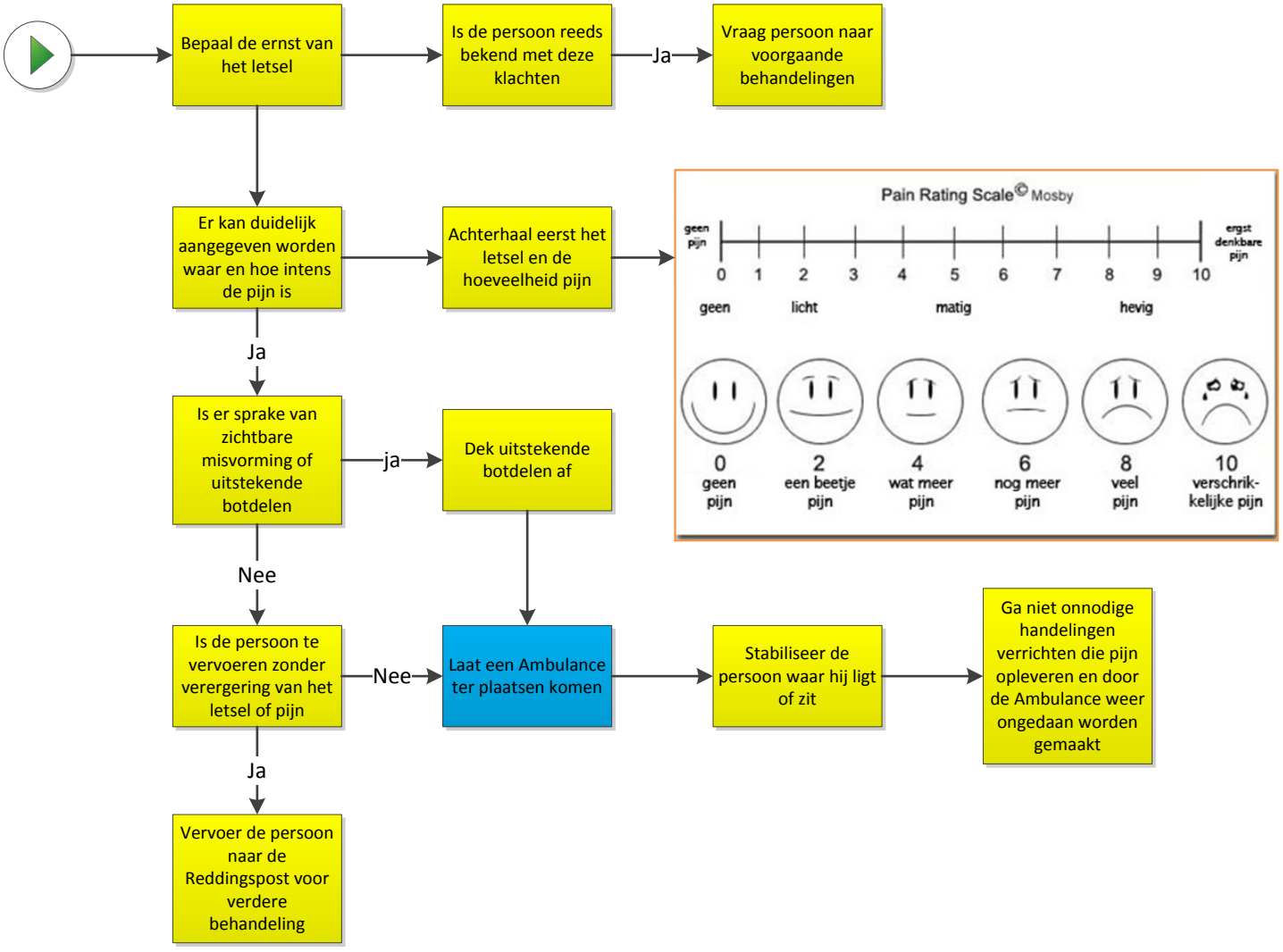EHBO: luxatie / distorsie