

# Ankle Sprain

The ankle is a joint where the bones of the legs and the feet meet. These bones are kept in place by ligaments. A sprain occurs when the ligaments are suddenly stretched or torn.

## Signs

- Pain or tenderness
- Swelling
- Bruising
- Not able to move the ankle well

## Your Care

Your doctor may want you to:

- Have an x-ray.
- Wear a splint or an ace wrap to support the injured ankle.
- Take over-the-counter pain medicine.
- Keep your foot raised above the level of your heart for the first 2 days. This will reduce swelling and pain.
- Put ice on the injured ankle for 15-20 minutes each hour for 1-2 days. Put the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Stay off your feet for 24 hours. Then walk slowly on the injured ankle.
- Use crutches or a cane until you can stand on your ankle without having pain.

Call your doctor **right away** if your:

- Bruising, swelling or pain gets worse
- Toes below the injury feel cold when you touch them, are numb or blue

**Talk to your doctor or nurse if you have any questions or concerns.**

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# Murkacashada Anqawga

Anqawgu waa meesha iska galaan lafaha lugaha iyo caguhu. Lafaha waxaa isku haya seedo. Murkacashadu wuxuu dhacaa marka ay seeduhu si lama filaan ah ay u kala jiidmaan ama kala dillaacaan.

## Calaamadaha

- Xanuun ama lur
- Bararid
- Diisanaan/Nabar aan dilaacin
- Aan la awoodin in anqawga si habboon loo dhaqaajiyo

## Daryeelkaaga

Dhakhtarkaagu waxaa laga yaabaa inuu doonayo:

- In raajo lagu saaro.
- In aad xidhato taageero dhaqaaqa diidaysa ama ku duubtid duub kala jiidmaya (ace support) si loo taageero anqawga dhaawacmay.
- In aad qaadato daawo xanuun oo la iibsano karo warqad dhakhtar la'aanteed.
- In aad cagtaada kor ugu hayso heer ka sarreeya wadnahaaga 2-da maalmood ee ugu horreeya. Tani waxay hoos u dhigi doontaa bararka iyo xanuunka.
- In aad baraf saarto anqawga dhaawacmay ilaa 15-20 daqiiqadood saacaddii kastaba ilaa 1-2 maalmood. Barafka ku rid bac ka dibna tuwaal ama shukumaan dhig inta u dhexeysa bacda barafka iyo maqaarkaaga.
- Cagta ha ku socon ilaa 24 saacadood. Ka dibna si tartiib ah ugu soco anqawga dhaawacmay.
- Isticmaal qoryaha curyaammadu ku boodaan ama bakooraad ilaa intaad ka awoodeyso in aad ku istaagto anqawgaaga iyada oon xanuun ku haynin.

**Isla markiiba** wac dhakhtarkaaga haddii:

- Meesha ku diisantay, barartay ama xanuunku uu ka sii daro
- Suulasha ka hooseeya dhaawacu ay qabow yihiin markaad taabato, ay kabuuboonayaan ama buluug noqdaan

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.**

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