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 to 20 minutes each hour for 1 to 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.

तपाईंको डक्टरलाई तुरुन्तै सम्पर्क गर्नु पर्नुहोस्।

यदि:

- चोट, सुिैा वा दुःख झनै बढ्ने
- चोट मुिनका आँवलाहरू छुँदा चिसा हुन्छन्, बोधो हुन्छन् वा नीला पट्ट्या पर्णन् भने

तपाईका कुणै प्रश्न वा जित्ताहरू छन् भने तपाईका डक्टर वा नर्सलाई सम्पर्क गर्नुहोस्।