

# 脚踝扭伤

## 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.

脚踝是腿和脚骨骼接合的关节。这些骨骼的位置由韧带保持。当韧带突然伸展或撕裂时，就会发生扭伤。

### Signs

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

### 症状

- 疼痛或压痛
- 肿胀
- 瘀血
- 脚踝无法自如活动

### 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.

### 治疗

医生可能要求您：

- 照X光片。
- 佩戴夹板或布织绷带，为受伤的脚踝提供支撑。
- 服用非处方止痛药。
- 在前2天使脚保持在高于心脏的位置。这样可减轻肿胀和疼痛。
- 每1小时为受伤的脚踝冰敷15至20分钟，持续1至2天。将冰块放在塑料袋中，在冰袋和皮肤之间放置一条毛巾。
- 在24小时内不要站立或行走。然后使用受伤的脚踝缓慢行走。
- 使用拐杖或手杖，直至您在依靠脚踝站立时毫无疼痛感。

**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.**

**如果您发生以下情况，请立即联系医生：**

- 瘀血、肿胀或疼痛加剧
- 当您触碰受伤脚的脚步时感觉发冷，麻木或发蓝

**如果有任何疑问或担心，请咨询医生或护士。**