

# Murgacashada Canqowga

## 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.

Canqowga waa xubin halka lafaha lugaha iyo cagta ay ku kulmaan. Lafahaan waxaa meel ku hayo seedaha. Murgacashada waxay dhacdaa goortii seedaha ay si lama filaan ah ukala baxaan ama u jiidmaan.

### Aastaamaha

- Xanuunka iyo danqashada
- Bararka
- Maruubka
- Uma suurto galeyso inay si wanaagsan u dhaqaajiyaan canqowga

### Daryeelkaaga

Dhaqtarkaaga wuxuu rabi karaa inaad:

- Raajo sameysid.
- Xiratid geedka kabka ama duubka taageero canqowga dhaawacan.
- Qaado daawada xanuunka dukaanka lagu iibiyo.
- Ku haay cagtaada inay ka koreyso heerka wadnahaaga ee 2 maalin ee ugu hoereeyo. Tani waxay yareyneysaa bararka iyo xanuunka.
- Saar baraf canqowga dhaawacan oo 15 illaa 20 daqiiqo saacad walba oo 1 illaa 2 maalmood. Geli baraf bac oo saar shukumaan inta u dhaxeeyso bacda iyo barafka iyo maqaarkaaga.
- La joog cagtaada 24 saacadood. Kadib si tartiib ah u lugeey canqowga dhaawacan.
- Isticmaal biraha ama gasaca illaa aadku joogsan kartid canqowgaaga adiga oo aan xanuun laheyn.

**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.**

**Soo wac dhaqtarkaaga isla markaas haddii:**

- Maruubkaaga, bararkaaga ama xanuunka ka sii daro
- Suulasha ka hoose dhaawaca waxay dareemaan qabow marka aad taabatid iyaga, waa kabuubasho iyo baluug

**La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama wlaaacyo.**