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

**Aastaamaha**
- Xanuunka iyo danqashada
- Bararka
- Maruubka
- Uma suurtogaleysa inay si wanaagsan u dhaqaajiyadaan canqowga

**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.

**Daryeelkaaga**
Dhaqarkaaga wuxuu rabi karaa inaad:
- Raajo sameysid.
- Xiratid heedka kabka ama duubka taageero canqowga dhaawacan.
- Qaado dawada xanuunka dukaanka lagu iibiyo.
- Ku haay cagtaada inay ka koreysoo heerka wadnahaaga ee 2 maalin ee ugu hoerreeyo. Tani waxay yareyneysaa bararka iyo xanuunka.
- Saar baraf canqowga dhaawacan oo 15 illaa 20 daqiic oo saacad walba oo 1 illaa 2 maalmood. Geli baraf bac oo saar shukumaan inta u dhaxeysa bacda iyo barafka iyo maqaarkaaga.
- La joog cagtaada 24 saacadood. Kadib si tartii ah u lugeey canqowga dhaawacan.
- Iisticmaal biraha ama gasaca illaa aadkii 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’alo ah ama wlaaacyo.