

踝部扭傷

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.

踝部是腿部和足部骨骼接合的關節。此處的骨頭由韌帶保持在原位。當韌帶突然伸張或撕裂時，就會發生扭傷。

症狀

- 疼痛或觸痛
- 腫脹
- 瘀傷
- 踝部不能正常活動

醫療護理

您的醫生可能會要求您：

- 拍 x光片。
- 戴夾板或彈性繃帶支撐受傷的踝部。
- 服用非處方止痛藥。
- 在最初2天將您的腳抬至高過心臟的高度。這將減少腫脹和疼痛。
- 每小時將冰敷在受傷的踝部15至20分鐘，持續1至2天。將冰塊放入一個塑膠袋，在冰袋和您的皮膚之間放一條毛巾。
- 24小時內不要站立或走動。然後使用受傷的踝部緩慢行走。
- 使用拐杖或手杖，直到您用踝部站立時沒有疼痛為止。

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.

如有以下症狀，請立刻打電話給您的醫生：

- 瘀傷、腫脹或疼痛惡化
- 當您觸碰時，受傷部位以下的腳趾摸起來發冷、感覺麻木或發藍

如果您有任何疑問或擔憂，請告知您的醫生或護士。