

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.

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.
- Avoid putting weight on your foot for as long as your doctor tells you. Slowly begin putting weight on the injured ankle as you are able.
- Use crutches or a cane until you can stand on your ankle without having pain.

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。

症状

- 疼痛或压痛
- 肿胀
- 瘀血
- 脚踝无法自如活动

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。
- 将冰块敷在受伤脚踝上，每小时 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。
- 避免脚部承重，持续时间遵循医嘱。在你的能力范围内，缓慢恢复受伤脚踝的承重。
- 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 you:

- 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

如果您有任何疑问或疑虑，请咨询您的医生或护士。