

# 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.
- 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.

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

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。
- 避免腳部承重，持續時間遵循醫生指示。可以時，慢慢地開始向受傷的腳踝施加壓力。
- 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 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.**

**如有以下狀況，立刻聯絡醫師：**

- 瘀傷、腫脹或疼痛惡化
- 當您觸碰受傷部位以下的腳趾時，摸起來感覺發冷、麻木或發藍

**若您有任何疑問或擔憂，請諮詢您的醫生或護士。**