

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 15-20 minutes each hour for 1-2 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.

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.

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Esguince de tobillo

El tobillo es la articulación que une los huesos de la pierna y el pie. Los ligamentos mantienen dichos huesos en su lugar. Se produce un esguince cuando el ligamento se estira o desgarra repentinamente.

Síntomas

- Dolor o sensibilidad
- Hinchazón
- Moretones
- Problemas para mover el tobillo

Cuidados

Su médico puede decirle que:

- se realice una radiografía.
- use una férula o una venda elástica para apoyar el tobillo lesionado.
- tome analgésicos de venta sin receta médica.
- mantenga su pie sobre el nivel del corazón durante los primeros 2 días. Esto reducirá la hinchazón y el dolor.
- se coloque hielo en el tobillo lesionado durante 15 a 20 minutos cada hora durante 1 a 2 días. Ponga el hielo en una bolsa plástica y coloque una toalla entre ésta y la piel.
- repose durante 24 horas. Luego camine lentamente apoyando el tobillo lesionado.
- use muletas o un bastón hasta que se pueda poner de pie sobre el tobillo sin sentir dolor.

Llame **de inmediato** a su médico si:

- los moretones, la hinchazón o el dolor empeoran;
- los dedos del pie lesionado están fríos cuando los toca, adormecidos o azules.

Hable con su médico o enfermera si tiene alguna pregunta o inquietud.

Ankle Sprain. Spanish.

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