

Dear Patient:

## ANKLE SPRAIN

Sprains are the result of partial tearing of ligaments, which are the leathery bands that hold bones together at a joint. The sprain may be severe, with immediate pain and swelling or it may be mild, causing discomfort several hours after the injury. Some type of support—a sling, plaster, or Ace wrap – is used to help control swelling, limit further ligament tearing, and allow the torn ligaments to heal properly. Most sprain will recover in three to four weeks, especially if the following directions are carried out. It is wise not to try to speed up the schedule too much; trying to resume normal activity too quickly will prevent proper healing and actually make your recovery slower.

### INSTRUCTION FOR CARE OF THE SPRAINED ANKLE (MINOR SPRAIN)

#### 1. Treatment at Home:

- A. Elevate leg while seated or lying down.
- B. Apply ice pack as frequently as possible for 20 minutes at a time during the first 24 hours.
- C. The next day, start warm soaks for 20 minutes, three to four times a day.
- D. Apply elastic bandage snugly, but not too tight, before getting out of bed – NEVER SLEEP WITH ACE BANDAGE ON.
- E. Use cane (or crutches) as directed.
- F. Take medication for pain as directed.

#### 2. Return to the Emergency Room if:

- A. Swelling increases or pain persists over 24-48 hours.
- B. Numbness or bluish color of toes or fingers develops.

If further problems arise, please call the Emergency department without hesitation.

## 足踝擦傷

韌帶是連結組成關節間骨之堅韌結締組織。

如果一個關節內，韌帶和組織受大力猛扭或部份被撕裂就會造成扭傷。(擦傷)，嚴重時，受傷關節周圍會立即腫脹疼痛和觸痛。輕微扭傷，扭傷關節數小時後會出現不適，某種形式的支持例如懸帶，石膏繃帶或 ACE/ 圍巾等有助於減少關節腫脹，避免韌帶進一步撕裂，亦可讓已撕裂的韌帶能正常癒合。若能按指示而行，大部份扭傷的病人可以在三至四星期內康復。太早及太快作正常活動並非聰明的選擇，因為此舉妨礙韌帶正確癒合及實際上會延長康復時間。

### 足踝擦傷 (輕微扭傷) 護理指引

#### 1. 家居治療：

- A. 無論坐起或臥躺時，承高患肢，可增加舒適。
- B. 初 24 小時，盡可能頻密地用冰袋冷敷擦傷的關節以減少腫脹和疼痛，每次可冷敷 20 分鐘。
- C. 第二天可開始熱敷，每日三至四次，每次 20 分鐘。
- D. 起床前可用彈力性繃帶包紮關節，但不可過緊。睡眠時絕不可用 ACE 繃帶包紮。
- E. 按指示使用手杖 (或拐杖)。
- F. 按指示服食止痛藥。

#### 2. 如有下列任何情況出現，應到急診室求診：

- A. 腫脹增加或持續疼痛超過 24-48 小時。
- B. 腳趾或手指感覺麻木或變藍色。

若有任何問題，請勿遲疑與急診室聯絡。