

## Treating a sprained ankle

A sprained ankle is when one or more ligaments on the outer side of your ankle is stretched or torn. The injury does not usually require surgery but bandaging is necessary to protect the injury. Crutches may be advisable to aid walking and it is also helpful to elevate the injured foot when you are seated or lying down

### Match these medical words with their definitions

ligaments	a medical procedure on the body
twist	where a joint is swollen but not broken (disconnected)
scan	a X-ray to see under the skin
sprain	raise
crutches	when the body repairs itself
healing	used to help walking
surgery	turn very sharply
elevate	tissue/muscle holding joint in place

### -----Key-----

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