



Treating a sprained ankle

- A sprained ankle involves one or more stretched or torn ligaments.
- The injury does not usually require surgery.
- Bandaging is necessary to protect the injury.
- Crutches may be advisable to aid walking.
- It is also helpful to elevate the injured foot when you are seated or lying down.

Quick Check: True or false

1. A sprained ankle never requires surgery.
2. Ligaments protect a joint.
3. Crutches can help protect a sprained ankle while walking.
4. You should never raise a sprained ankle while seated.

Match these medical words with their definitions

Word	Meaning
	tissue/muscle holding joint in place
	when the body repairs itself
	where a joint is swollen but not broken
	a X-ray to see under the skin
	medical procedure on the body
Crutches	
	turn very sharply
	raise/lift

Twist * scan * sprain * healing * used to help walking * surgery *elevate * ligaments