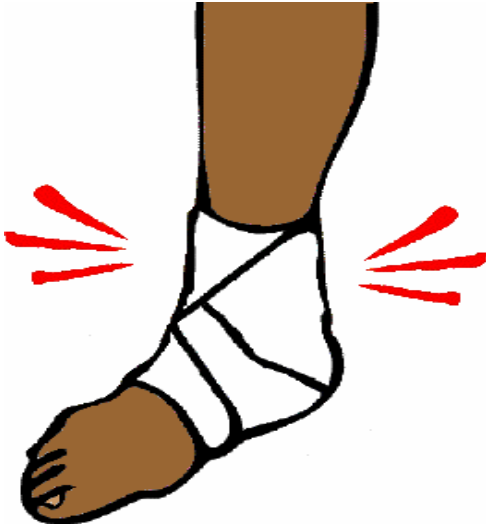


Murkacashada Anqawga



Anqawgu waa meesha iska galaan lafaha lugaha iyo caguhu. Lafaha waxaa isku haya seedo. Murkacashadu wuxuu dhacaa marka ay seeduhu si lama filaan ah ay u kala jiidmaan ama kala dillaacaan.

Calaamadaha

- Xanuun ama lur
- Bararid
- Diisanaan/Nabar aan dilaacin
- Aan la awoodin in anqawga si habboon loo dhaqaajiyo

Daryeelkaaga

Dhakhtarkaagu waxaa laga yaabaa inuu doonayo:

- In raajo lagu saaro.
- In aad xidhato taageero dhaqaaqa diidaysa ama ku duubtid duub kala jiidmaya (ace support) si loo taageero anqawga dhaawacmay.
- In aad qaadato daawo xanuun oo la iibsano karo warqad dhakhtar la'aanteed.
- In aad cagtaada kor ugu hayso heer ka sarreeya wadnahaaga 2-da maalmood ee ugu horreeya. Tani waxay hoos u dhigi doontaa bararka iyo xanuunka.

- In aad baraf saarto anqawga dhaawacmay ilaa 15-20 daqiiqadood saacaddii kastaba ilaa 1-2 maalmood. Barafka ku rid bac ka dibna tuwaal ama shukumaan dhig inta u dhexeysa bacda barafka iyo maqaarkaaga.
- Cagta ha ku socon ilaa 24 saacadood. Ka dibna si tartiib ah ugu soco anqawga dhaawacmay.
- Isticmaal qoryaha curyaammadu ku boodaan ama bakooraad ilaa intaad ka awoodeyso in aad ku istaagto anqawgaaga iyada oon xanuun ku haynin.

Iska markiiba wac dhakhtarkaaga haddii:

- Meesha ku diisantay, barartay ama xanuunku uu ka sii daro
- Suulasha ka hooseeya dhaawacu ay qabow yihiin markaad taabato, ay kabuuboonayaan ama buluug noqdaan

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ah ama walaac ah qabtid.

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Ankle Sprain – Somali (Last reviewed 5/2006)