

# [Painful ankle medical treatment](https://assignbuster.com/painful-ankle-medical-treatment/)

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﻿Patient B.   
Age: 51 years old male.   
Patient comes alone and gives own health and personal history. The patient also sign the consent form on his own and consents to examination and any necessary care. The patient comes walking with a level of difficulty. The patient is not sick-looking, communicates with ease and freely.   
PC: The patient complains of a swollen and painful ankle (Kaufman 2008, p. 2396).   
HPC: The patient has been running after a cow that had broken out of the shed when his left foot got stuck in a trench and he fell spraining his left ankle.   
Attending the department for examination and care.   
PMH: patient admitted once at the age of 16 years with appendicitis (Dealey 2012, p. 199). Appendectomy done.   
No major illness since childhood.   
Weight: 76kg   
Medications: The patient has been on analgesics broad-spectrum antibiotics regimen that ended three days ago; provided at the clinic. No other medication currently.   
Allergies: The client has a specific protein food allergies, cannot eat eggs. There is no known drug allergies.   
Immunisation: Tetanus injection immediately after the cut (one week ago) scheduled for a repeat (booster) in three weeks’ time (Greaves and Johnson 2002, p. 38).   
SH: the patient is married, living with the wife and two children. He is a farmer while his wife owns a grocery shop. Does not smoke but occasionally takes alcohol.   
His hobbies include reading, listening to music and tending the flowers.   
O/E: Stable general outlook. Not sick-looking.   
NAD on examination of the head, Neck, back, chest. Hands.   
Left foot: The ankle joint is swollen. The patient reports painful joint and cannot walk well.   
ROM:   
ROM: Active:   
Flexion- Cannot flex the ankle due to pain on anterior aspect   
Extension- full range; with minimal pain on movement   
Abduction- painful   
Adduction- painful   
Medial Rotation- painful   
Passive:   
Flexion- full range; with pain on anterior aspect the ankle   
Extension- full range; painful   
Abduction- full range; painful   
Adduction- full range; painful   
Medial Rotation- painful   
Resistive:   
Flexion-with intense pain on anterior aspect of ankle   
Extension- painful   
Abduction- painful   
Adduction- painful   
Medial Rotation- painful   
Impression: Ankle sprain   
Plan: Analgesics Diclofenac %50mg PO given, Range of motion exerceise.   
Treatment: Analgesics. Weekly visit for physiotherapy.   
Advised: Rest the foot for one work. Maintain active range of motion to ensure maintenance of functionality (Lippincot 2008, p. 20).   
To take precaution whilst working because the ankle healing may be affected by strenuous exercise take at least one week before going back to work if possible.   
Abbreviations   
PC-Presenting Complain   
HPC-History of Presenting Complain   
Kg-Kilogram   
PMH-Past Medical History   
SH-Social History   
O/E-On Examination   
NAD-No Abnormality Detected   
ROM:- Range of Motion   
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