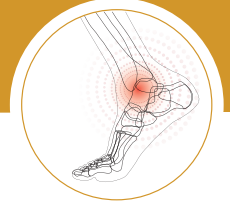


## BÖLÜM 3



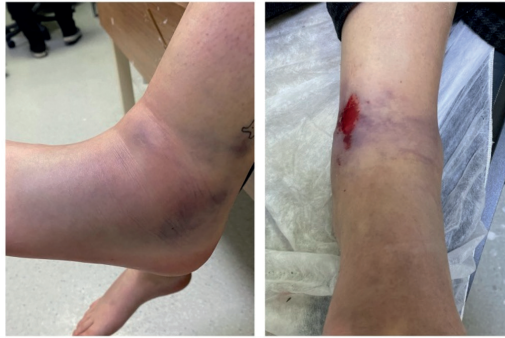
### Ayak Ve Ayak Bileği Kırıklarına Acil Serviste Yaklaşım

Hatice Kübra ÖNDER KARAGÖZ<sup>1</sup>

#### GİRİŞ

Ayak ve ayak bileği travmaları acil servise başvuran hastalarda çok sık görülen yaralanmalardır (1). Her yaş grubunda karşılaşılabilen bu yaralanmalar, özellikle erkek hastalarda daha sık görülmektedir (2). Yaralanmaların pek çoğu spor aktiviteleri sırasında meydana gelir ve en yaygın olanı bağ ve kemiklerin tutulduğu burkulmalar ve kırıklardır (3).

Ayak ve ayak bileği kırıkları en sık görülen yetişkin kırıkları arasında olup, tedavisi çoğu zaman cerrahi müdahaledir (3). Travmalar genellikle zorlanma veya künt darbe sonucu oluşur. Yaralanma şiddetine bağlı olarak çeşitli derecelerde şişlik, ağrı, ekimoz ve açık yara eşlik edebilir (Resim 1). Şişlik ve ekimoz, kırıklarda daha şiddetli ve sık olmakla birlikte, bu klinik bulgunun güvenilirliği yüksek değildir (3).



**Resim 1.** Ayak bileği burkulmasına bağlı şişlik ve ekimoz gelişen hastalara örnekler

<sup>1</sup> Uzm. Dr., Adıyaman Üniversitesi Eğitim ve Araştırma Hastanesi Acil Tıp Kliniği, kubraonder@gmail.com

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