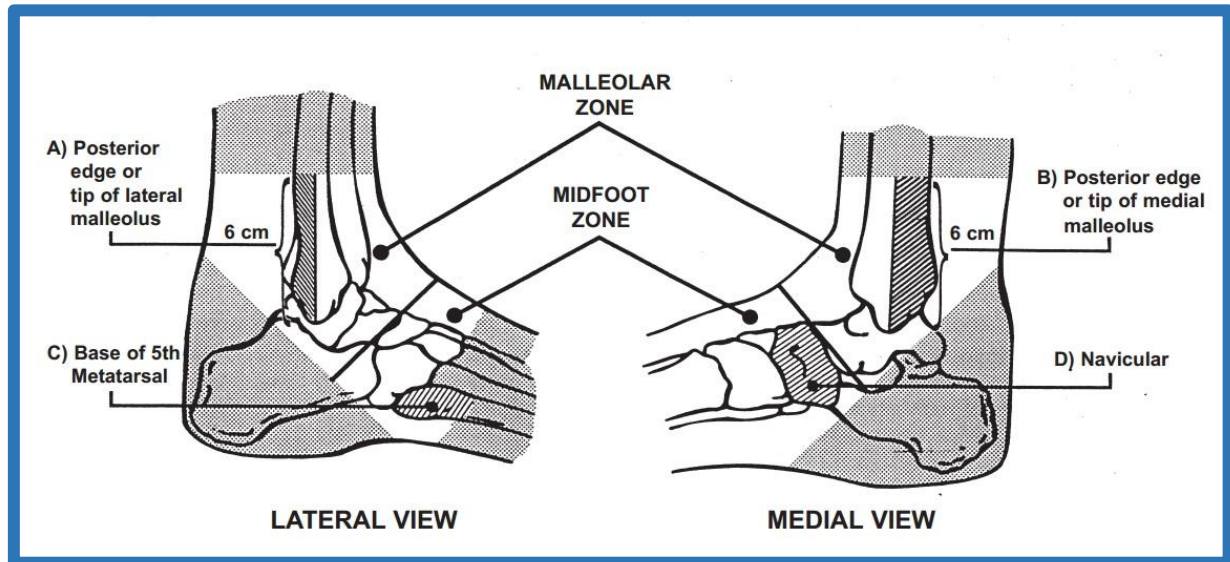


OTTAWA ANKLE RULES

For Ankle Injury Radiology



An ankle x-ray series is only required if there is any pain in the malleolar zone and any of the below findings

Bone tenderness at A or

Bone tenderness at B or

Inability to bear weight both immediately and in the Emergency Department

A foot x-ray series is only required if there is any pain in midfoot zone and any of the below findings

Bone tenderness at C or

Bone tenderness at D or

Inability to bear weight both immediately and in the Emergency Department

RECOMMENDATIONS

Apply the Ottawa Ankle Rules accurately:

- Palpate the entire distal 6cm of the fibula and tibia
- Do not neglect the importance of medical malleolar tenderness
- Do not use for patients under age 6

Clinical judgement should prevail over the rules if the patient:

- Is intoxicated or uncooperative
- Has other distracting painful injuries
- Has diminished sensation in the legs
- Has gross swelling which prevents palpation of malleolar bone tenderness

Give written instructions and encourage follow-up in 5 to 7 days if pain and ability to walk are not better