

Ottawa Ankle Rules

This guideline will aid you in determining which patients require an x-ray of their ankle.

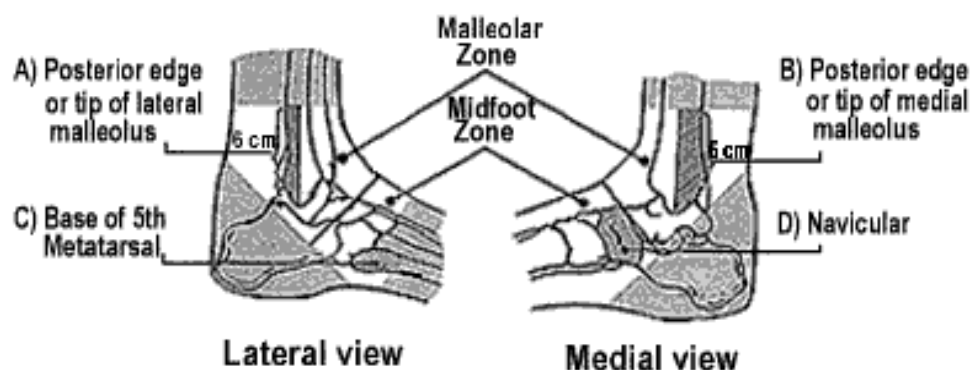
Exclusions

- Less than 18 years old
- Intoxication
- Multiple painful injuries
- Pregnant
- Head injury
- Diminished sensation due to neurological deficit

Recommendations

An ankle x-ray series is required only if there is pain in the malleolar region **and** any one of the following:

- Bone tenderness along the distal 6 cm of the posterior edge of the fibula or tip of the lateral malleolus
- Bone tenderness along the distal 6 cm of the posterior edge or tip of the medial malleolus
- Inability to weight bear for 4 steps both immediately and in the emergency department



A foot x-ray series is required only if there is pain in the midfoot **and** any one of the following:

- Bone tenderness at the base of the 5th metatarsal
- Bone tenderness at the navicular bone
- Inability to weight bear for 4 steps both immediately and in the emergency department