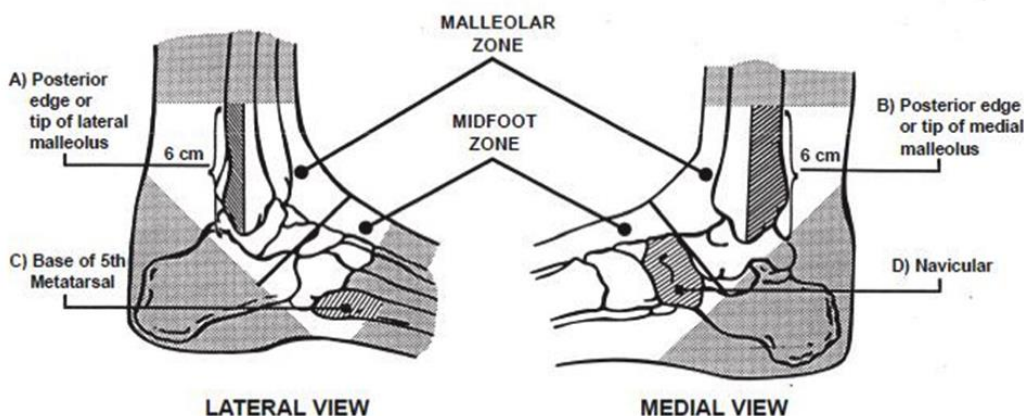


OTTAWA ANKLE RULES



Ankle X-ray series if:

Pain in malleolar zone and any of these findings:

- Bone tenderness at A
- Bone tenderness at B
- Inability to bear weight immediately and in exam room

Foot X-ray series if:

Pain in mid-foot zone and any of these findings:

- Bone tenderness at C
- Bone tenderness at D
- Inability to bear weight immediately and in exam room

Tips

- Palpate entire distal 6cm of fibula & tibia.
- Do not neglect medial malleolar tenderness.
- Palpate base of 5th metatarsal and navicular bones.
- "Bearing weight" counts even if patient limps.
- Injury must be less than 10 days.

Caution use in patients under 18 or older than 55.

Use clinical judgment if examination is unreliable:

- Intoxication
- Confusion/Dementia/ mentally disabled
- Uncooperative
- Other painful or distracting injuries
- Diminished sensation
- Gross swelling preventing thorough palpation
- Hx of repeated ankle trauma
- Strong mechanism of injury

Encourage follow up in 5-7 days if pain or ability to walk is not better.

APPROVED BY:

Quality & Care Management Committee,
Holland Physician Hospital Organization
Reviewed: 3/27/25