

Ottawa Ankle Rules

- Help determine the need for ankle and/or foot radiographs following injury
 - clinical judgment should supersede these rules
 - e.g. patients with neuropathy or intoxicated patients may not exhibit pain
- **Ottawa Ankle Rules**
 - Plain radiographs are indicated in the following situations:
 1. Bone tenderness at the posterior edge or tip of the lateral or medial malleolus (distal 6 cm of the fibula)
 2. Bone tenderness at the base of the 5th metatarsal or navicular
 3. unable to weight bear immediately after the injury and for 4 steps in the emergency dept/doctor's office