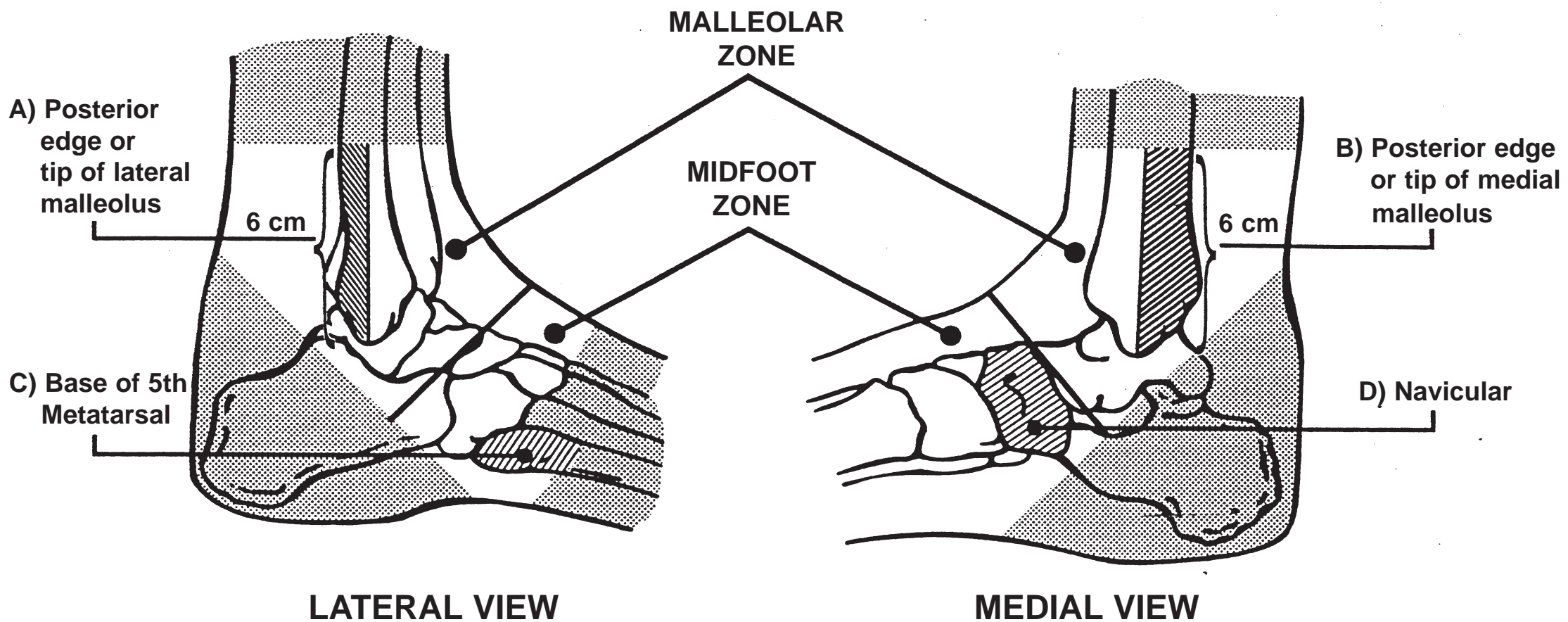


# ANKLE RULES

## *For Ankle Injury Radiography*



a) An ankle x-ray series is only required if there is any pain in malleolar zone and any of these findings:

1. bone tenderness at A
- OR
2. bone tenderness at B
- OR
3. inability to bear weight both immediately and in ED

b) A foot x-ray series is only required if there is any pain in midfoot zone and any of these findings:

1. bone tenderness at C
- OR
2. bone tenderness at D
- OR
3. inability to bear weight both immediately and in ED

### RECOMMENDATIONS

**Apply the Ottawa Ankle Rules accurately:**

- palpate the entire distal 6 cm of the fibula and tibia
- do not neglect the importance of medial malleolar tenderness
- do not use for patients under age 18

**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**