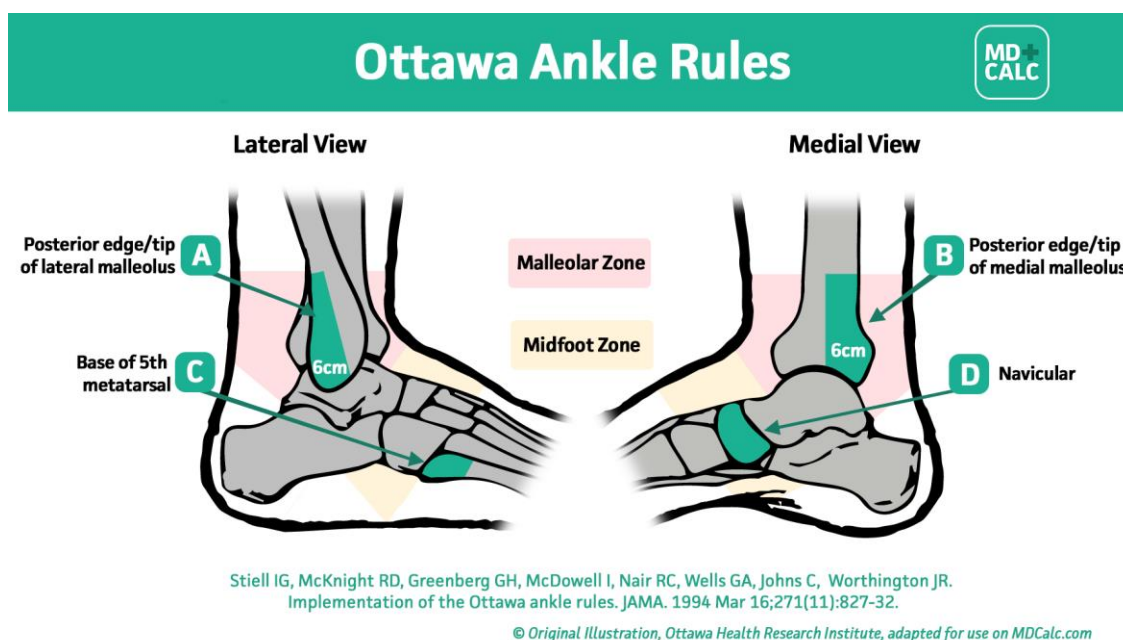




Ottawa Ankle/Foot Rules

The Ottawa ankle & foot rules are used to determine when to use X-rays in the evaluation of acute ankle and foot injuries. They show excellent results in both the adult and pediatric populations (96-99% sensitivity for excluding ankle fracture), reducing unnecessary radiographs in the ED by 30-40%.



Ankle Rules:

Obtain X-rays of the ankle for patients who have pain in malleolar zone AND any one of these findings:

- Bony tenderness on posterior edge or tip of lateral (A) or medial malleolus (B)
- Unable to bear weight (for 4 steps) both immediately after injury and in the doctor's office.

Foot Rules:

Obtain radiographs of the foot for patients who have pain in the midfoot zone AND any of these findings:

- Bony tenderness at the base of the 5th metatarsal (C) or navicular (D)
- Unable to bear weight (for 4 steps) both immediately after injury and in the doctor's office.

Other considerations:

- If the patient can transfer weight twice to each foot (4 steps), he or she is considered able to bear weight even if he or she limps.
- Palpate the distal 6 cm of the posterior edge of the fibula when assessing for bony tenderness.