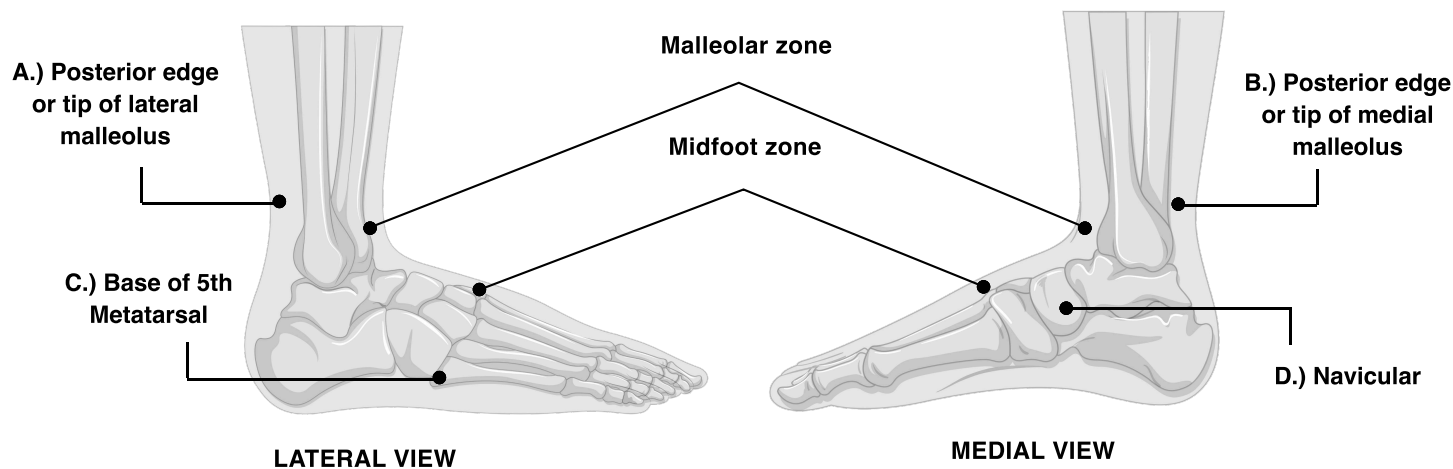


Ottawa Ankle Rules

Name: _____ Age: _____ Gender: _____

Date: _____ Examiner: _____



Exam procedure

- Palpate the entire distal 6cm of the tibia and fibula and take note of tenderness:
 - Along posterior edge of fibula or tip of lateral malleolus (A in diagram)
 - Along posterior edge of tibia/tip of medial malleolus (B in diagram)
- Palpate for bone tenderness at the base of the 5th metatarsal (C in diagram)
- Palpate for bone tenderness at the navicular (D in diagram)
- Ask the patient to stand. Take note of inability to bear weight immediately after injury or for 4 steps during evaluation.

1. Is the pain in the malleolar area? If no, skip to 2.

☐

Yes

☐

No

A. Bone tenderness at A (posterior edge or tip of lateral malleolus)?

☐

Yes

☐

No

B. Bone tenderness at B (posterior edge or tip of medial malleolus)?

☐

Yes

☐

No

2. Is the pain in the midfoot area?

☐

Yes

☐

No

A. Bone tenderness at C (base of the 5th metatarsal)?

☐

Yes

☐

No

B. Bone tenderness at D (navicular)?

☐

Yes

☐

No

3. Inability to bear weight both immediately after injury and in evaluation for 4 steps)

☐

Yes

☐

No

Interpretation

Ankle X-ray is required if you answered YES to item 1 (pain in the malleolar area) AND any one of the following:

- 1. A. (posterior edge or tip of lateral malleolus)
- 1. B. (posterior edge or tip of medial malleolus)
- 3. (Inability to bear weight right after injury or during evaluation for 4 steps)

Foot X-ray series is indicated if you answered YES to item 2 (pain in the midfoot area) AND any one of the following:

- 2. A. (base of the 5th metatarsal)
- 2. B. (navicular)
- 3. (Inability to bear weight right after injury or during evaluation for 4 steps)

No X-ray is needed if you answered NO to both item 1 (Pain in the malleolar area) and item 2 (pain in the midfoot area).

Reminders

- Make sure to palpate the entire 6 cm of the tibia and fibula.
- Take note of medial malleolar tenderness
- Even if the patient limps, it counts as bearing weight.
- Exercise clinical judgment when assessing the following patients:
 - Patients under 2 years old
 - Individuals unable to follow instructions due to cognitive impairment or intoxication
 - Individuals who are uncooperative
 - Patients with diminished sensation in legs
 - Patients with extreme swelling that prevent palpation
 - Pregnant women

Additional notes

Stiell , I. G, Greenberg , G. H, McKnight , R. D, & Wells, G. A. (1995). Ottawa ankle rules for radiography of acute injuries. *New Zealand Medical Journal*, 108(996), 111–111. National Library of Medicine. <https://pubmed.ncbi.nlm.nih.gov/7715880/>

Stiell, I. G., McKnight, R. D., Greenberg, G. H., McDowell, I., Nair, R. C., Wells, G. A., Johns, C., & Worthington, J. R. (1994). Implementation of the Ottawa Ankle Rules. *The Journal of the American Medical Association*, 271(11), 827. <https://doi.org/10.1001/jama.1994.03510350037034>