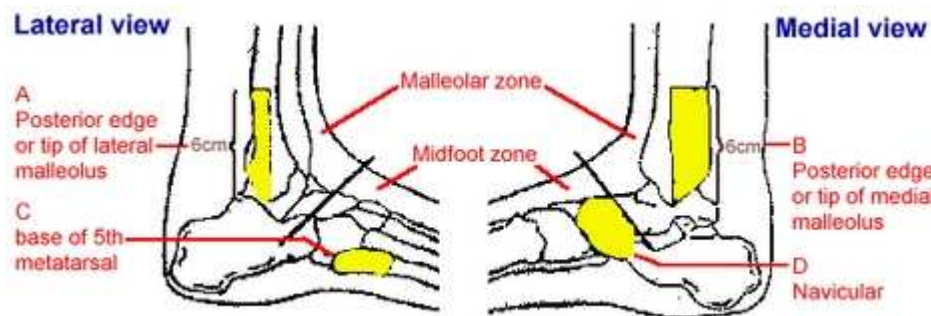


Ottawa ankle and foot rules



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

- bone tenderness at A
- bone tenderness at B
- inability to weight bear both immediately and in the casualty department.

A foot x-ray is required if there is any pain in the midfoot zone and any of these findings:

Credit: GP-training.net

- bone tenderness at C
- bone tenderness at D
- inability to weight bear both immediately and in the casualty department.

Ottawa knee rules

A knee x-ray is only required for knee injury patients with any of these findings:

- age 55 or over
- isolated tenderness of the patella (no bone tenderness of the knee other than the patella)
- tenderness at the head of the fibula
- inability to flex to 90 degrees
- inability to weight bear both immediately and in the casualty department (4 steps - unable to transfer weight twice onto each lower limb regardless of limping).