



This guideline has been adapted from the Ottawa Ankle Rules developed by Dr. Ian Stiell et al. Dr. Stiell received financial support from the Institute of Clinical and Evaluative Studies in Ontario.

OBJECTIVE

The Ottawa Ankle Rules will assist Alberta clinicians assess if radiography of the foot and ankle is required for adult patients presenting with blunt ankle trauma at health care facilities.

TARGET POPULATION

Adults, 18 years of age and older

EXCLUSIONS

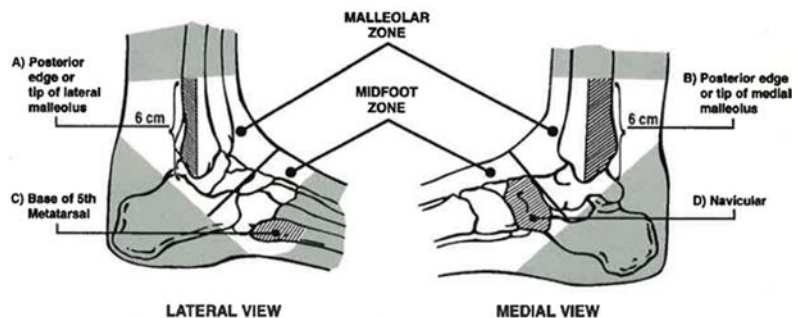
Under 18 years of age, intoxicated, multiple painful injuries, pregnant, head injury, diminished sensation due to neurological deficit

RECOMMENDATIONS

- ✓ An ankle x-ray series is required only if there is pain in the malleolar zone and any one of the following:
 - Bone tenderness along the distal 6 cm of the posterior edge of the fibula or tip of the lateral malleolus
 - Bone tenderness along the distal 6 cm of the posterior edge of the tibia or tip of the medial malleolus
 - Inability to bear weight for four steps immediately and in the emergency department
- ✓ A foot x-ray series is required only if there is pain in the midfoot zone and any one of the following:
 - Bone tenderness at the base of the 5th metatarsal
 - Bone tenderness at the navicular bone
 - Inability to bear weight for four steps both immediately and in the emergency department

OTTAWA ANKLE RULES POSTER PDF

http://www.ohri.ca/emerg/cdr/docs/cdr_ankle_poster.pdf (link available as of March 2014)



March 1996
Reviewed January 2007
Reviewed March 2014

These recommendations are systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances. They should be used as an adjunct to sound clinical decision making.

For the complete guideline refer to the TOP website: www.topalbertadoctors.org