

LIFT

DO YOU NEED AN X-RAY?



INFO@LIFTTRAINING.CA

A fracture is any discontinuity to the bone tissue.

Ottawa Ankle Rules for determining if imaging should be used to rule out a fracture to the foot or ankle.

Ottawa Ankle Rules

- Order ankle radiographs if there is pain in malleolar region AND any 1 of the following:
 - Bone tenderness at tip or distal 6cm of the posterior edge of either malleolus
 - Unable to bear weight 4 steps

