

DO YOU NEED AN X-RAY?



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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 A) Posterior edge or tip of lateral malleolus A) Posterior edge or tip of lateral malleolus C) Base of 5th Metatarsal C) Base of 5th Metatarsal D) Navicular

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