

LIFT



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

