Ottawa Ankle Rules

When an ankle or foot X-ray is needed after trauma

Ankle X-ray: malleolar pain AND

- Bone tenderness at the posterior edge or tip of a malleolus
- OR unable to bear weight for 4 steps

Foot X-ray: midfoot pain AND

- Bone tenderness at the base of the 5th metatarsal or the navicular
- OR unable to bear weight for 4 steps

No criterion met

Fracture very unlikely:
the X-ray can be avoided

Any criterion met

X-ray
indicated

Very high sensitivity: a negative rule safely rules out a fracture