



# Ottawa Ankle Rules Pdf

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Implementation of the Ottawa Ankle Rules The fourth paper addressed the implementation of the Ottawa Ankle Rules and the impact of their implementation on clinical practice. Applying the . Download a PDF file of the Ottawa Foot & Ankle Rules, a clinical tool to help decide if an x-ray is needed for an acute ankle injury. The rules are based on tenderness and weight-bearing tests. Ottawa Ankle Rules. Rules: 1. An ankle X-ray series is only required if there is any pain in the malleolar zones and any of these: a. Bone tenderness at A b. Bone tenderness at B c. Inability . Implementation of the Ottawa Ankle Rules. JAMA, ; Stiell IG, Wells G, Laupacis A, et al. Multicentre Trial to Introduce the Ottawa Ankle Rules for Use of Radiography in Acute Ankle Injuries. BMJ, ; Additional references Pigman EC, et al. Evaluation of The Ottawa Clinical Decision Rules for the Use of. Ottawa Ankle Rules. Rules: 1. An ankle X-ray series is only required if there is any pain in the malleolar zones and any of these: a. Bone tenderness at A b. Bone tenderness at B c. Inability to bear weight both immediately and in the ED 2. A foot X-ray series is only required if there is any pain in midfoot zone and any of these: a. Ottawa Ankle Rules: Availability. OPTION 1: Adobe PDF: Available at no cost, download the PDF files to your local printer for professional printing and laminating. Learn how to use the Ottawa ankle rules to reduce unnecessary radiography for ankle injuries. The article explains the project, the rules, the validation, and the benefits of the Ottawa ankle rules. Palpate base of 5th metatarsal and navicular bones. "Bearing weight" counts even if patient limps. Injury must be less than 10 days. Caution use in patients under 18 or older than Encourage follow up in days if pain or ability to walk is not better. This PDF document provides guidelines for determining which patients require ankle x-rays based on the Ottawa Ankle Rules. It includes exclusions, recommendations, and foot x-ray series for midfoot injuries.