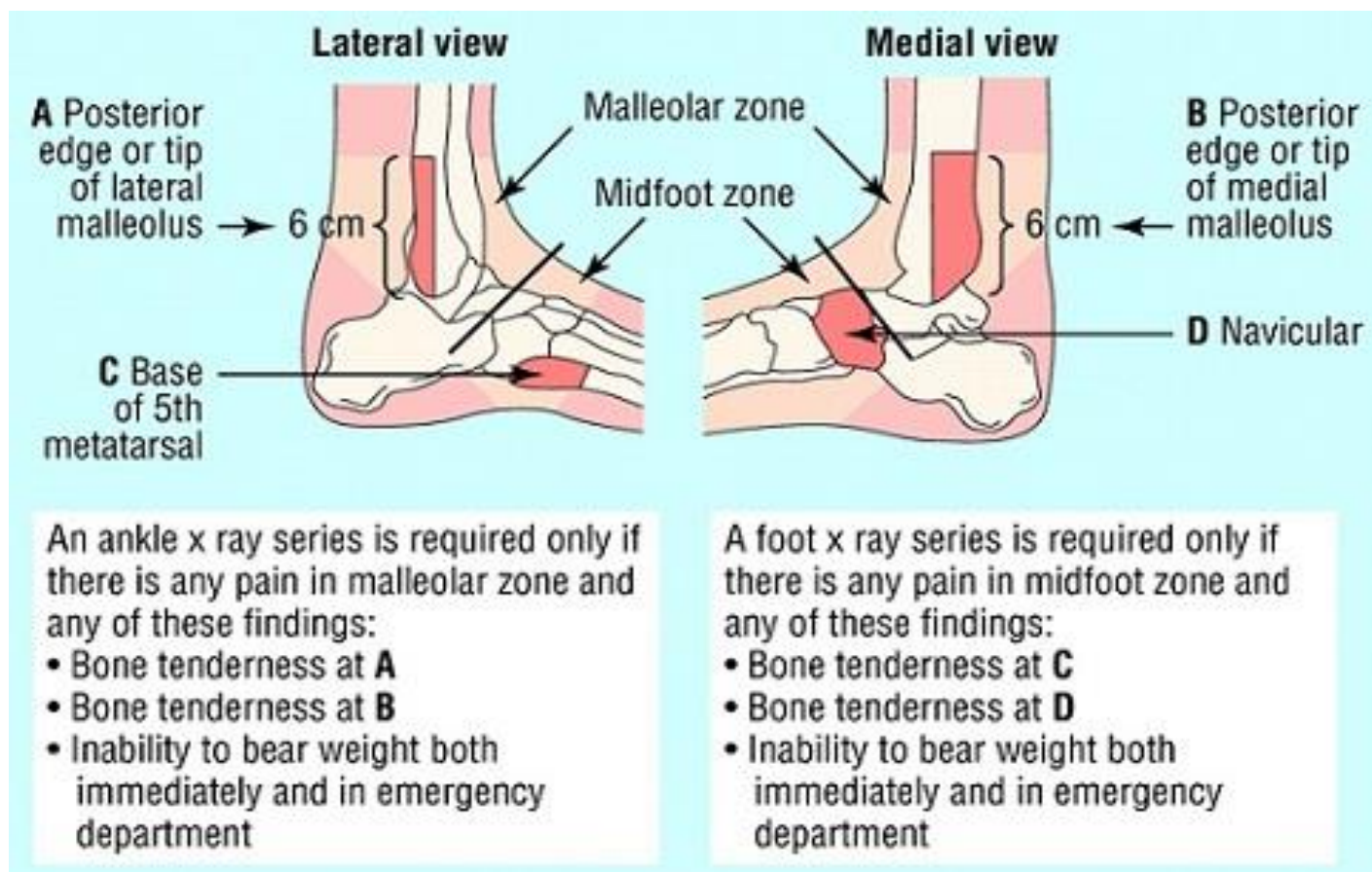


MUSCULOSKELETAL OTTOWA RULES

Ankle Rules



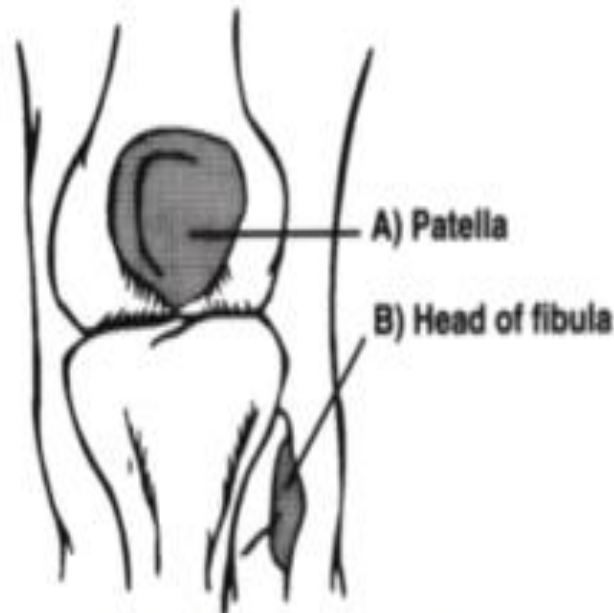
- Weightbearing= 4 steps
- Palpate the entire distal 6cm of the tibia and fibula
- Don't ignore medial malleolar tenderness
- Extra care should be taken when:
 - Patient is intoxicated
 - Has other distracting painful injuries
 - Has reduced sensation in legs
 - Has gross swelling preventing palpation of malleolar bone tenderness
- Give written instructions, possible time course to full recovery and advise to return in 5-7 days if pain and ability to walk are not improving.



OTTAWA KNEE RULE



For Knee Injury Radiography



*Stiell IG, Greenberg GH, Wells GA, McDowell I, Cwinn AA, Smith NA, Cacciotti TF, Sivilotti MLA.
Prospective validation of a decision rule for the use of radiography in acute knee injuries. JAMA 1996; 275:611-615.*

A knee x-ray series is only required for knee injury patients with any of these findings:

1. age 55 or older
OR
2. isolated tenderness of patella (no bone tenderness of knee other than patella)
OR
3. tenderness of head of fibula
OR
4. inability to flex to 90°
OR
5. inability to bear weight both immediately and in the emergency department for 4 steps (unable to transfer weight twice onto each lower limb regardless of limping)