

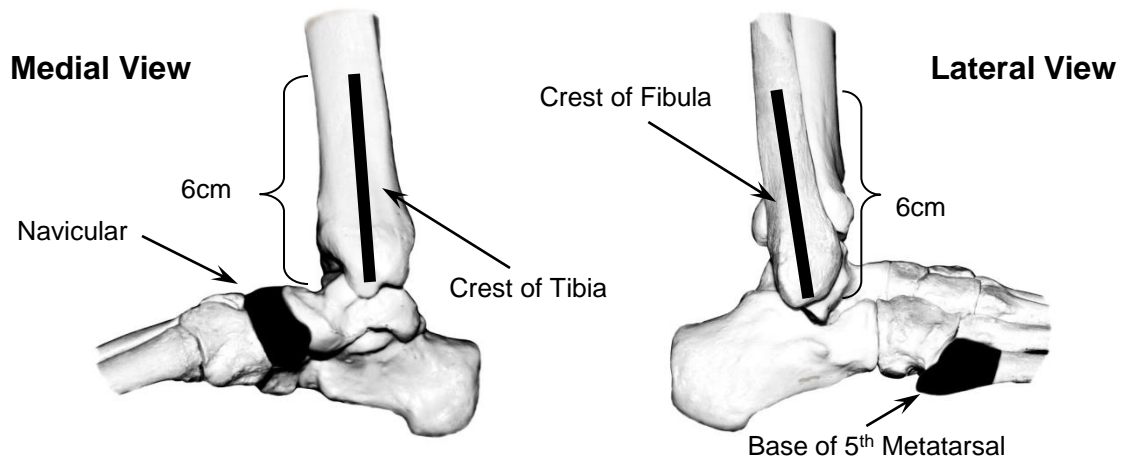
PRACTICE BRIEF: ACUTE CARE

Athletic Training

When does an individual who has sustained an acute ankle or foot injury need imaging?

Patients who injure their foot or ankle should be referred for imaging if they meet the following criteria:

- An inability to bear weight (4 steps) both immediately and at the time of examination
- Bone tenderness at any of the below sites (indicated in black)



Rationale

Imaging of those with acute foot and ankle pain results in many costly radiographs that reveal no fracture. Application of the highly sensitive Ottawa Ankle Rules and subsequent modifications results in capturing all of those with fractures while decreasing the frequency of radiographs by 30 to 40%. A recent investigation confirms the high sensitivity of the Ottawa Ankle Rules when applied to a pediatric population. These rules are not intended for use for patients who are pregnant, who have superficial lacerations, abrasions, or burns at the injury site, or whose injury occurred more than 10 days prior to examination.

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