

## Zones of the Ankle and Mid-Foot

Ankle x-rays are only required if there is pain in the malleolar zone **as well as** any one of:

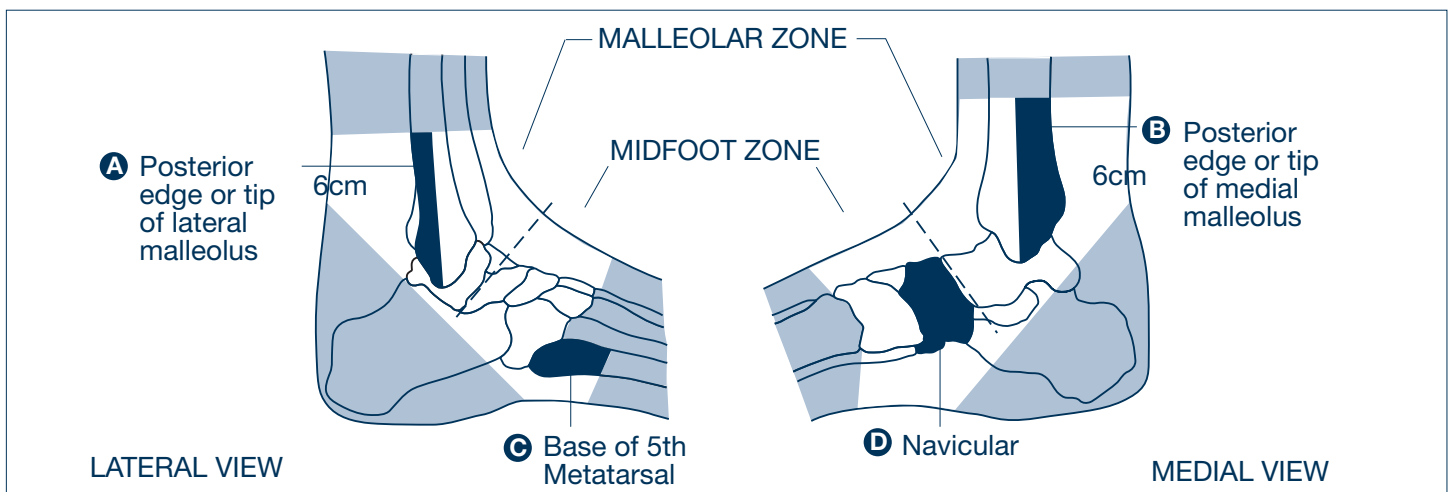
- Bone tenderness at A; **or**
- Bone tenderness at B; **or**
- Inability to bear weight both immediately and in the emergency department (four steps taken independently, even if limping).

Foot x-rays are only required if there is pain in the mid-foot zone **as well as** any one of:

- Bone tenderness at C; **or**
- Bone tenderness at D; **or**
- Inability to bear weight both immediately and in the emergency department (four steps taken independently, even if limping).

Whether or not an x-ray is ordered, it is recommended that patients be advised to seek follow-up care if their pain or ability to bear weight has not improved in seven days.

### Zones of the ankle and mid-foot according to the Ottawa Ankle Rules



### Ankle Injury – X-Ray for Acute Injury of the Ankle or Mid-Foot

Effective Date: January 30, 2009