OTTAWA ANKLE RULES
For Ankle Injury Radiography

A) Posterior edge or tip of lateral malleolus
B) Posterior edge or tip of medial malleolus
C) Base of 5th Metatarsal
D) Navicular

LATERAL VIEW
MEDIAL VIEW

OTTAWA
ANKLE RULES
For Ankle Injury Radiography

a) An ankle x-ray series is only required if there is any pain in malleolar zone and any of these findings:
   1. bone tenderness at A
      OR
   2. bone tenderness at B
      OR
   3. inability to bear weight both immediately and in ED

b) A foot x-ray series is only required if there is any pain in midfoot zone and any of these findings:
   1. bone tenderness at C
      OR
   2. bone tenderness at D
      OR
   3. inability to bear weight both immediately and in ED