

LIFT



DO YOU NEED AN X-RAY?



INFO@LIFTTRAINING.CA

A fracture is any discontinuity
to the bone tissue.

**Ottawa Ankle
Rules for
determining if
imaging should be
used to rule out a
fracture to the
foot or ankle.**

Ottawa Ankle Rules

- Order ankle radiographs if there is pain in malleolar region AND any 1 of the following:
 - Bone tenderness at tip or distal 6cm of the posterior edge of either malleolus
 - Unable to bear weight 4 steps

