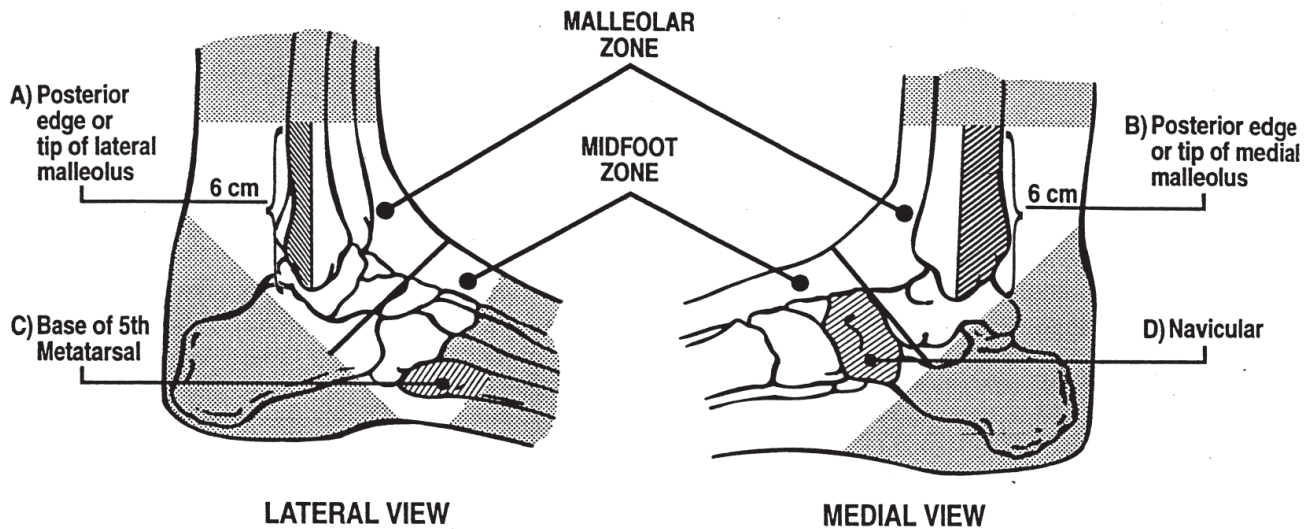


# Ottawa Ankle Rules



*Stiell IG, McKnight RD, Greenberg GH, et al. Implementation of the Ottawa Ankle Rules. JAMA 1994; 271:827-832.*

## Rules:

1. An ankle X-ray series is only required if there is any pain in the malleolar zones and any of these:
  - a. Bone tenderness at A
  - b. Bone tenderness at B
  - c. Inability to bear weight both immediately and in the ED
2. A foot X-ray series is only required if there is any pain in midfoot zone and any of these:
  - a. Bone tenderness at C
  - b. Bone tenderness at D
  - c. Inability to bear weight both immediately and in the ED

## Compartment Syndrome Signs and Symptoms

### The 6 P's:

1. **Pain**- most commonly the first symptom
2. **Pallor**- lack of blood flow cause pale skin
3. **Paresthesia**- pins and needles sensation
4. **Paralysis**- inability to move the limb
5. **Pulselessness**- lack of distal pulses
6. **Poikilothermia**- cold to the touch