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

RECOMMENDATIONS

Apply the Ottawa Ankle Rules accurately:
- palpate the entire distal 6 cm of the fibula and tibia
- do not neglect the importance of medial malleolar tenderness
- do not use for patients under age 18

Clinical judgement should prevail over the rules if the patient:
- is intoxicated or uncooperative
- has other distracting painful injuries
- has diminished sensation in the legs
- has gross swelling which prevents palpation of malleolar bone tenderness

Give written instructions and encourage follow-up in 5 to 7 days if pain and ability to walk are not better