

# Ottawa Ankle Rule

## 1 Pain around the malleolus AND

Palpation tenderness over the dorsal ridge of the lateral or medial malleus

OR

Inability of the foot to support four steps

## 2 Pain around the mid part of the foot AND

Palpation tenderness over the base of the 5th metatarsal bone OR the Navicular bone

OR

Inability of the foot to support four steps

**X-ray of foot and lower leg if 1 or 2 are met**

**Otherwise:** Elastic wrap, tape, possibly orthosis, information (proprioceptive exercises e.g. stand on one leg while brushing teeth)

### Acute care (PRICE)

Protection, Rest, Ice, Compression, Elevation

*Only applicable on adults (>18 years) with isolated injury*

# Distal Status - Hand

## Inspection

Hematomas / Wounds

Malalignment / Tonus

## Palpation

Fossa tabatière

Distal radioulnar joint

## Circulation

Allen's test – Ulnar / Radial loss of circulation

Capillary refill Dig I-V

## Passive movement (tendons)

Finger extension, each separately

Flexor digitorum superficialis et profundus, separately

## Neurology

1. Radialis 2. Medianus 3. Ulnaris

Sensory			Motor
	1. Dig I, radially	1. Extension of fingers	
	2. Dig II, distal of PIP	2. Opposition, Dig I & V	
	3. Dig V, ulnar side	3. F.spread / Dig V flex.	

## Stability

Dig I, MCP, UCL, Distal radioulnar joint

Watson's test – Instability, scaphioidium - lunatum

## Specific tests

Tinel's and Phalen's tests: carpal tunnel syndrome

Finkelstein's test: Morbus de Quervain

**Pain in wrist should result in plain film x-ray**

## Well's DVT Score

Sign	Point
Active cancer last 6 months	1p
Paralysis, paresis, newly casted	1p
Immobilized >3 d. or large surgery last 4 w.	1p
Localized tenderness along the deep venous system	1p
Whole leg swelling	1p
Calf circumference >3 cm, compared to asymptomatic side	1p
Pitting oedema on symptomatic side	1p
Collateral flow in superficial veins (non-varicose)	1p
Similar likelihood of alternative diagnosis	-2p

**Low points <2 + negative D-dimer**  
= low probability for DVT

**High points ≥2 → Ultrasound whole leg**

*Risk of false negative D-dimer when  
symptoms >1w or anticoagulation therapy*