

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 exercise 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