**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*