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| **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*