Acute Ankle Injury

Classify According to Ottawa Ankle Rules
(See Page 2)

Ottawa Ankle Rule Negative

Grade injury and provide appropriate therapy
(See Intervention Table Below)

Ottawa Ankle Rule Positive

Obtain radiograph: 3-view ankle and/or foot

Radiograph positive?

Yes

1. Posterior splint with crutches
2. Arrange Ortho follow up

No

Grade I
- Early functional therapy without immobilization or crutches.

Grade II
1. Early functional therapy with AirCast or lace-up brace +/- crutches.
2. Consider posterior splint if edema is significant early in disease course.
3. Consider Orthopedic follow-up in 7 – 10 days.

Grade III
1. Early functional therapy
2. Posterior splint
3. Orthopedic follow-up in 7 – 10 days
TABLE 1
Classification of Ankle Sprains

<table>
<thead>
<tr>
<th>Grade</th>
<th>Signs and symptoms</th>
</tr>
</thead>
</table>
| I: partial tear of a ligament | Mild tenderness and swelling  
No mechanical instability (negative clinical stress examination) |
| II: incomplete tear of a ligament, with moderate functional impairment | Moderate pain and swelling  
Tenderness over involved structures  
Some loss of motion and function (i.e., patient has pain with weight-bearing and ambulation)  
Mild to moderate instability (mild unilateral positivity of clinical stress examination) |
| III: complete tear and loss of integrity of a ligament | Severe swelling (more than 4 cm about the fibula)  
Severe ecchymosis  
Loss of function and motion (i.e., patient is unable to bear weight or ambulate)  
Mechanical instability (moderate to severe positivity of clinical stress examination) |
