

# LEG INJURY

Ottawa Foot. Ottawa Ankle. Ottawa Knee.

## Pimp Question

### **Maisonneuve**

**Fracture:** Spiral fracture of the proximal third of the fibula along with a tear of the distal tibiofibular interosseous membrane. There is an associated fracture of the medial malleolus or rupture of the deep deltoid ligament. This type of injury can be easily missed and lead to law suits against the provider

## Approach to Leg Trauma

1) Ottawa Foot Rules: to determine if you need an Xray of the foot. If any of these are present, get an Xray

- Inability to bear weight on painful foot right after injury
- Unable to bear weight in the ED
- Tenderness over the navicular bone
- Tenderness over the base of the 5<sup>th</sup> metatarsal bone

2) Ottawa Ankle Rules: to determine if you need an Xray of the ankle. If any of these are present, get an Xray

- Inability to bear weight after the injury
- Inability to bear weight in ED
- Pain over the medial Malleolus
- Pain over the lateral Malleolus

3) Ottawa Knee Rules: to determine if you need an Xray of the knee. If any of these are present, get an Xray

- Inability to bear weight after injury
- Inability to bear weight in ED
- Pain over the patella
- Pain over the proximal head of the Fibula
- Inability to flex the knee to 90 degrees

### **References**

Stiell IG, Greenberg GH, McKnight RD, Nair RC, McDowell I, Worthington JR. A study to develop clinical decision rules for the use of radiography in acute ankle injuries. *Ann Emerg Med.* 1992; 21:384-90.