**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 5th 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**