

# Screening and Referral Tools (SRTs) TRAUMATIC and ACUTE ANKLE PAIN

Soldier Reports With Traumatic or Acute Ankle Pain

## RED FLAGS:

### Ottawa Rules

Pain in Ankle and EITHER:

- Inability to bear weight immediately after injury AND in the Emergency Dept. (taking 4 steps) OR
- Bone tenderness at the posterior edge or tip of either malleolus
- Bone tenderness at the navicular or proximal base of fifth metatarsal

### Achilles Rupture

- Positive Thompson Test: Absence of passive plantar flexion upon squeeze of calf muscle with patient prone or kneeling

### Monoarticular Septic Joint

- Sudden Onset Pain
- Swelling
- Heat
- Concurrent Fever
- Concurrent Infection Elsewhere In Body

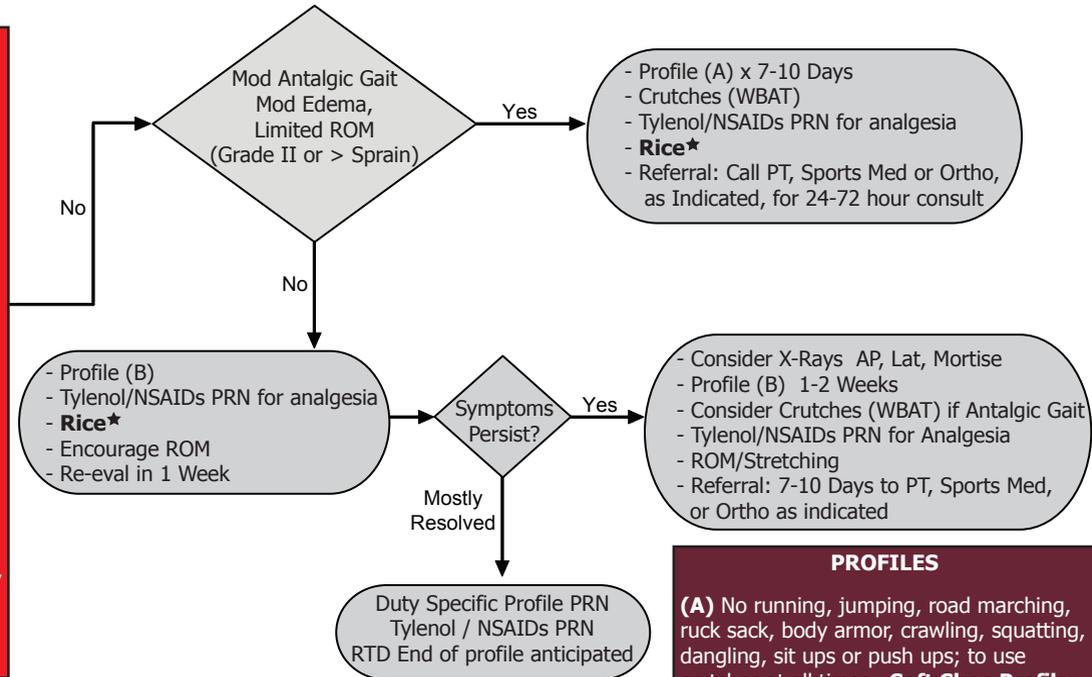
### Deformity

### Fibular Head Tenderness

### Neurovascular Compromise

Yes

**X-Ray:**  
**AP, Lat, Mortise. IF Fib Head**  
**TTP - AP, Lat Knee also**  
**Call Ortho TODAY**  
**to discuss management**



## PROFILES

**(A)** No running, jumping, road marching, ruck sack, body armor, crawling, squatting, dangling, sit ups or push ups; to use crutches at all times. **Soft Shoe Profile:** wear running shoes instead of boots for all duty and training.

**(B)** No running, jumping, road marching, ruck sack, body armor, crawling, squatting, sit ups or push ups; to use crutches at all times (if prescribed). May fire M-16 Foxhole in supported or unsupported position with assistance to position in/out of Foxhole and appropriate firearm safety precautions (e.g. do not carry loaded weapon while using crutches).

## ★RICE

- R**elative rest as designated on profile
- I**ce compress 2-3 times daily for 20 minutes
- C**ompression by use of ankle sleeve
- E**levation of affected joint above heart for 10-15 minutes every 2 hours

# References

- Guidelines & Protocols Advisory Committee: Ankle Injury – X-ray for Acute Ankle Injury. 1 December 2002. British Columbia Ministry of Health. <http://www.health.gov.bc.ca/gpac/pdf/anklex.pdf> (accessed 29 January 2008)
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- Clanton, TO, Porter, DA. Primary care of foot and ankle injuries in the athlete. *Clinics in Sports Medicine*. July 1997; 16(3): 435-466.
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- Wolfe, MW; Uhl, TL; Mattacola, CG; McCluskey, LC. Management of ankle sprains. *American Family Physician*. 1 January 2006; 63(1): 93-104.