SPA Specialty Referral Guideline
Pittsburg Knee Rules for Ordering Radiology
Ottawa Ankle Rules for Ordering Radiology
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I. Indications for Ordering X-ray of the Knee

*Pittsburg Knee Rules/Indications for Ordering Plain Films of the Knee*

A) If the patient experienced a fall or blunt trauma, and is unable to walk four (4) weight-bearing steps, an X-ray is indicated.
B) If the patient experienced a fall or blunt trauma, and is under 12 or over 50 years of age, an X-ray is indicated.

*If the above criteria are not present, no need for X-ray.*

II. Indications for Ordering X-ray of the Ankle

*Ottawa Ankle Rules*

Pain in the malleolar zone and **ANY** of the following:

A) Bony tenderness at posterior edge of distal 6cm of the lateral malleolus.
B) Bony tenderness at posterior edge of distal 6cm of the medial malleolus.
C) Inability to weight-bear immediately.

III. Indications for Ordering X-ray of the Foot

Pain in the mid-foot zone and **ANY** of the following:

A) Bony tenderness at the base of the 5th metatarsal.
B) Bony tenderness over navicular bone.
C) Inability to weight-bear immediately.

IV. Exclusion from Meeting the Criterion for the Ankle and Foot:

A) Age < 18
B) Pregnancy
C) Isolated skin injuries
D) Referrals from another hospital
E) Injuries > 10 days old
F) Return patients

**APPROVAL:**

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SPA / SMF Medical Director

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July 27, 2009

**Approval / Revision Summary:**

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<tr>
<td>SMF QM Committee</td>
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<td>SPA Steering Committee</td>
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