Ottawa criteria for ankle injury with midfoot pain
(1) If able to bear weight 4 steps at any point after injury, may not need foot X-rays; if unable, needs X-rays. Next:
(2) Palpate for tenderness of the two marked areas; if no tenderness, does not need foot X-rays, if tender, needs X-rays

Ottawa criteria for ankle injury with ankle pain

(1) If able to bear weight 4 steps at any point after injury, may not need ankle X-rays; if unable, needs X-rays. Next:

(2) Palpate for tenderness of the inferior posterior 6 cm (2 1/2") of either lateral or medial malleolus; if no tenderness, does not need ankle x-rays; if tender, needs X-rays.